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THE PORTUGAL News

Portugal's **National** Newspaper in English

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Police clampdown on pedestrian law breakers

After a rise in the number of fatal incidents last year, for 2010 PSP police are looking to reduce the number of pedestrians who are being hit and killed by errant drivers and their vehicles within built-up areas. (See Page 4)

Madeira - Special reconstruction fund proposed

Prime Minister José Sócrates said this week his Government will propose special funding to reconstruct flood-ravaged Madeira and introduce other measures to speed full economic recovery of the popular holiday island. (See Page 5)

Ryanair settles in at Faro Airport

Faro Airport director António Correia Mendes has this week given **The Portugal News** an update on Ryanair's 'moving in', the progress of the airport's multi-million-euro expansion works, and a forecast for the upcoming year. (See Page 7)

Alisuper reduced to sixteen shops

As of Monday this week, the Algarve's biggest supermarket chain has been reduced to only sixteen shops and around fifty employees in order to control the Aliscoop/Alisuper Group debts of €80 million. (See Page 17)

Up to 75,000 nationals quit Portugal each year

Between 70,000 and 75,000 Portuguese emigrate every year from their native shores, but it is not clear where to because official figures are patchy, a specialist in the field said. (See Page 55)

Weekend weather

Lisbon: The rain will stay on this weekend, improving on Sunday when instead of heavy rain, there will only be scattered showers. Monday will be clear, but Tuesday will see a return of the rain.
Faro: The Algarve will record heavy rain this Saturday, the downpour will gradually reduce on Sunday, though rain will return on Monday evening.
Oporto: The North will be the place to be this weekend, as no rain is expected. However, that will all change on Monday evening when the wet weather is set to return.

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Cautious optimism as new car sales in Portugal show marked improvement on 2009

NEW CAR SALES UP 53%

Full story, see p.2.



(Photo: EPA/Oliver Berg)

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Public services affected by one-day, nationwide strike



Uncollected rubbish and unattended patients at public hospitals across Portugal were among the first signs on Thursday of the strike called by government workers to protest against the Socialist administration's austerity measures.

The one-day action was called to "demonstrate the Government must negotiate what it has so far refused", union leader Leodolfo Bettencourt Picanço, told the Lusa News Agency.

He said early counts of strike

participation since midnight on Wednesday showed "many workers are joining" the stoppage against frozen wages, new penalties for early retirement, career issues, and the employee evaluation system.

The state secretary for public administration lamented the strike had been called while negotiations between the Government and civil service unions were still underway.

"Regardless of the strike's

scope, today will be a day of difficulties for people that need public services", the official, Gonçalo Castilho dos Santos, told Lusa.

He charged there were "attempts to politically manipulate" the labour action. TPN/Lusa



Pupils from the Restelo secondary school in Lisbon seated outside the gates after strike action by public sector workers on Thursday. (Photo: Lusa / Miguel A. Lopes)

New car sales up 53%



Motor industry experts were caught by surprise this week as it emerged that showroom floors are reporting a surge in sales since the turn of the year.

Carsales figures for 2010 were this week greeted with muted cheers in the auto industry as question marks remained whether or not the momentum of this upward trend would be maintained into spring.

But while car makers and industry analysts remained wary, there was no denying that Portuguese are once more buying new cars, which, in turn is expected to have positive effects on the country's economy currently gripped by the global economic crisis.

Latest available figures indicate that sales of new passenger vehicles rose by a staggering 53 percent last month, compared with February 2009.

Sales figures look even healthier when the first two months of 2010 are grouped together.

Overall, 29,905 cars were sold in January and February, which is up 57 percent in relation to the same months last year.

Despite these positive numbers, the Portuguese Automobile Association (ACAP) has assumed a guarded stance and has refrained from expressing excessive excitement.

"As had been the case in the month before, the passenger vehicle market in February 2010 once again registered accentuated year-on-year growth", ACAP said in its monthly bulletin.

The Association is estimating that 15,346 new cars left showroom floors last month, translating into a growth of 53 percent.

However, argued ACAP, these figures are somewhat "deceiving", as figures for February 2010 were still 9.9 percent under those recorded in February 2008.

The first half of 2009 is considered by the Association to have been the worst period for the industry, with sales plummeting by an average of around 40 percent on a monthly basis.

The commercial vehicle sector

also reported growth last month, with a year-on-year increase of 13.6 percent.

The brands responsible for this boost in new car sales so far this year are Renault, with the

French carmaker selling 82 percent more vehicles in Portugal this February than it did during the same month last year, and Peugeot and Volkswagen also registered huge increases in sales.

The News becomes The Portugal News, online

As a part of a transition which started several months ago, *The Portugal News* has this week started operating under a new domain address.

Many visitors to *The Portugal News* website might have noticed a change in the address bar. This is essentially the result of the final phase of the process of changing our web address from www.the-news.net to www.theportugalnews.com

Back in 1997, when *The Portugal News* pioneered the launch of a news website about Portugal, the newspaper was actually called *The News*. As a result, the decision was made to

call the website "the-news.net".

But acting on advice from experts at Google and to bring its website in line with the name it has held the past decade, *The Portugal News* has decided to change its domain name to www.theportugalnews.com

Readers are requested to ensure they note the correct address and for those who have links to *The Portugal News* site to change them to our new address.



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Police clampdown on pedestrian law breakers



Lisbon Mayor António Costa watches the painting of a zebra crossing in 2007 next to António Arroio school marking the commencement of an operation to reposition road signs near educational establishments in the city. (Photo: Lusa / António Cotrim)



After a rise in the number of fatal incidents last year, for 2010 PSP police are looking to reduce the number of pedestrians who are being hit and killed by errant drivers and their vehicles within built-up areas.

In 2009 the number of pedestrians involved in fatal collisions with vehicles rose by 36 percent in comparison to the overcome this, an awareness-raising programme named "To preserve life, brake!" is being introduced and will be promoted between March and May this year. It will involve undercover police officers in unmarked vehicles patrolling areas within urban areas and being strategically placed where road offences can be controlled.

This was confirmed by PSP

spokesperson Commissioner Paulo Flor, who also revealed that particular attention will be paid to catching drivers who jump red lights, ignore stop signs, speed within urban areas and disrespect pedestrian crossings.

He reiterated that ignoring traffic lights and stop signs is classified as a "very serious" offence.

A plain-clothed police presence is to be increased over the next few weeks, particularly along the following roads, which are considered 'high risk': Rua

Padre Cruz (Braga), Rua do Couteiro (Braga), Avenida Afonso Henriques (Guimarães), Avenida Forças Armadas (Lisbon), Avenida Brasília (Lisbon), Quinta do Loureiro (Lisbon), Rua João Amaral (Lisbon), Estrada Nacional 125 (Tavira), and Rua Ataíde Oliveira (Faro).

Since 2007 PSP police have noted a steady rise in the number of pedestrians being knocked down and killed.

In 2007, 35 people died as the result of a collision with a vehi-

cle, rising to 39 in 2008, and 53 in 2009.

By February 22nd this year eight pedestrians had been killed in urban centres.

According to Paulo Flor, the majority of vehicle-pedestrian accidents occur both on and off pedestrian crossings, and only in 50 percent of the cases is the driver to blame.

In 2008 around 80 percent of fatalities occurred off zebra crossings; 70 percent occurred outside any type of pedestrian crossing.

He said that the majority of victims were the elderly people, who have limited mobility.

NEWS IN BRIEF

A third spend at least 9 hours a day at crèches

A study conducted by consumer watchdog DECO has found that 32 percent of all children aged between one and five spend at least nine hours at nursery school. More than a quarter of parents with children aged one to two said they would like crèches to be open on Saturdays.

Madeira workers back-off nationwide strike

Portuguese civil service unions said this week that Government workers on flash flood-battered Madeira suspended their participation in a one-day national strike over pay and work conditions that was held on Thursday. The February 20 flash floods and mudslides killed at least 42 people and caused €1.3 billion in damage, according to Madeira regional administration.

Queiroz almost certain of World Cup squad

Carlos Queiroz has said he is almost certain which 23 players he will take to the FIFA World Cup in South Africa, but still could make final adjustments to the squad until the end of the current domestic season. "At the end of the day I have to pick players based on merit," he said, adding: "The past won't help us win matches in June and July."

700 companies close doors

A total of 708 companies were forced to close down during the first two months of the year, latest statistics show. This figure is up by 91 (14.75) percent in relation to the same period in 2009.

Girl dies in Azores flash-flood

A ten-year-old girl died when the school bus she was travelling in on Monday was swept into a ravine by a flash flood on the Azores islands. Two children, including the missing girl's twin sister, survived the accident on São Miguel island. The three children were the only passengers. The body of the driver was found by searchers near the buried bus hours after the accident near the village of Algarvia. School had been cancelled that day, but it was unable to call the driver in time to inform him not to collect the children.

Portugal has 4th costliest fuel

Latest figures show that the only EU members states to charge motorists more than Portugal for unleaded fuel are Holland, Denmark and Finland. On average, unleaded fuel costs €1.319 a litre in Portugal, as opposed to the €1.107 charged by fuel stations in Spain.

Miliband in Lisbon this Friday

British Foreign Secretary David Miliband is expected in the Portuguese capital for discussions with his counterpart Luís Amado on implementation of the European Union's Lisbon Treaty, officials said this week.

Fisherman dies, 2 missing after trawler sinks

The body of one fisherman was found Wednesday and two more are still missing after a trawler sank near the port of Caminha along Portugal's northern River Minho frontier with Spain, officials said. The 'Vimar' went down in bad weather before dawn on Wednesday a few hundred metres from Caminha, about 400 kilometres north of Lisbon, and two other crewmen managed to swim ashore.

40% have sex a week before birth

A survey conducted at a Lisbon maternity ward (Santa Maria Hospital) has found that while mothers-to-be had concerns, 39 percent of women interviewed admitted they had had sexual intercourse in the week prior to giving to birth.

Friendship line receiving thousands of calls

The 'SOS Voz Amiga' helpline received 4,514 calls in 2009 from people dealing with problems related to loneliness, fear, violence and suicidal tendencies. The youngest caller was aged 12 and the oldest was 92. This helpline is available from noon to midnight seven days a week, the numbers are 213544545, 913524660 and 963524660.

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Madeira - Special reconstruction fund proposed



Prime Minister José Sócrates said this week his Government will propose special funding to reconstruct flood-ravaged Madeira and introduce other measures to speed full economic recovery of the popular holiday island.

After talks in Lisbon with the head of Madeira's regional Government, Prime Minister Sócrates said special legislation will be proposed to substitute the existing financial package of central government funding to the island, which sparked a political row last month when the Socialist government failed to beat down an opposition proposal to boost financing to Portuguese regions including Madeira.

The new financial legislation is expected to be approved by lawmakers before the end of April and will last three years to allow Madeira to be fully reconstructed, said Sócrates, adding that Funchal's regional executive and the central Government will also set up a joint commission to oversee all aspects of the rebuilding process - particularly financial ones.

larly financial ones.

Before his talks with Prime Minister Sócrates, Madeira's regional Government President, Alberto João Jardim, said he was putting long-standing political grievances with the central government behind him in a spirit of "cooperation" rather than "re-termination."

Madeira's leader for more than a quarter century, who has estimated total damage from the devastating February 20 flash-floods and landslides that claimed 42 lives, said it would take over two years to recover from the disaster. Local authorities will work closely with both the Lisbon Government and European Union to find funding for the Herculean task ahead, added Jardim.

TPN/Lusa



The support system being put into place for a temporary bridge to take the place of the one destroyed by recent storms in Fajã da Ribeira. (Photo: Lusa / Homem de Gouveia)

Temperatures in 2009 'above normal'

The year of 2009 will be remembered by climate experts as having been a year of above-average temperatures, as has been the case every year for the past 16 years with the exception of 2008.

For the past 16 years monthly maximum temperatures have exceeded the base average, which is calculated on global figures from the years 1971-2000, while minimum temperatures have also remained slightly above the norm.

This is with the exception of 2008, when both the maximum and minimum monthly temperatures registered below the 1971-2000 standard average.

Furthermore, last year seven official heatwaves were registered; two in spring, three in summer, and two in autumn.

Meanwhile rain quantities in 2009 kept closer to the standard, falling just below average quantities registered from the 1971-2000 comparative. This resulted in 2009, in terms of rain, being classified as a normal to dry year across the whole of mainland Portugal and the third consecutive year when rain levels fell below average.

By month, only in January, June, November and December did precipitation fall in quantities greater than the 1971-2000 average. In fact spring 2009 was confirmed as the driest since 1931.

British interest in Madeira 'falls drastically'

Since the recent floods washed through Madeira, throwing the country into turmoil and killing 42 people, interest from British tourists has 'fallen drastically', the UK's main tour operators have this week confirmed.

All of the UK's main operators have registered significant drops in the number of reservations being made since the freak weather.

Speaking to Lusa News Agency, Atlantic Holidays' director João Camacho said that the company had received just seven reservations since the

tragic incident, "which is in contrast to the dozens of reservations that we used to receive every day".

Last year that particular operator, which belongs to the Pestana group, transported around 20,000 British tourists to Madeira, many of whom visited the Island during winter and spring. Atlantic Holidays said that last year they received "between 150 and 200 reservations a week".

"The number of reservations fell drastically as a consequence of the floods", João Camacho acknowledged, who also mentioned "a few cancellations".

Based on information from Classic Collection, the scenario appears to be identical. The company's spokesperson Andrew Farr told Lusa "reservations have stopped almost totally".

Since Monday this week the agency, which at one point took an average of 100 reservations every week, has made just 15, "considerably less than in previous years".

Around 50 Classic Collection clients cancelled their trips to Madeira, though the clients responsible for 1,300 reservations that currently remain have confirmed they maintain their inter-

est in visiting the Island, but at a later date.

Both operators said they had plans to visit Madeira to assess the damage and study ways to minimise the impact of the tragedy on tourism.

Regional authorities estimate that, in the next six months, the overall drop in tourists will reach 10 to 15 percent. The UK is currently the largest supplier of tourists to Madeira. According to statistics from the Tourism of Portugal's website, last year Brits made up 1.167 million of all nights spent by tourists on the Island.

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The CEO of NAER, Novo Aeroport S.A. Carlos Madeira making a speech at the Oriente Museum in Alcântara. (Photo: Lusa / Joana Sramago)

ANA airports suffer passenger losses

Airports run by national airport management company ANA – Airports of Portugal, suffered global losses of 3.2 percent in 2009, the company confirmed, justifying the losses as being due to “negative performances of the past months”.

ANA is responsible for the management of airports in Lisbon, Oporto, Faro and the Azores, which globally saw passenger figures decrease by 3.2 percent.

However this was, according to the company, “below the annual average registered by other European airports, which showed drops of around six percent in passengers”.

Furthermore, in December last year ANA’s airports experienced an overall average rise in the number of passengers of 6.4 percent more than the same month of the previous year.

Individually, the Francisco Sá Carneiro Airport, in Oporto, showed the greatest surge in figures with a rise of 14.4 percent. Passenger figures at Faro Airport rose by six percent, in comparison to December 2008.

Data from Lisbon Airport showed that the number of passengers processed in December grew by four percent; while at the four Azorean airports

numbers increased by an average 1.9 percent.

ANA believes the December growth is due to a programme that was introduced to encourage people to travel to numerous destinations. *Programa Iniciativa.pt*, a project developed by ANA – Airports of Portugal and the Portuguese Tourism Board, which is believed to have represented an investment of over €3.5 million, saw the introduction of 16 new routes between Portugal and other international destinations. It contributed to growth by transporting more than half a million passengers in three months.

The launch of two Ryanair bases in Portugal, in Oporto and Faro, are also hoped to keep contributing to boosting passenger traffic. Overall, in 2009, 29 new routes were launched and in 2010, thanks to Ryanair’s Faro base (which will start operations in March this year) a further 26 routes are set to open.



Recent calculations into the amount of investment necessary to minimise the environmental effects that could be caused by the construction and operation of Lisbon’s second airport, in Alcochete, have been estimated at nearly half of initial previsions.

An environmental impact study carried out in recent times estimated that measures for softening the blow that the airport would have on the environment would cost between €130 million and €150 million. This contradicted a quote given by the National Centre for Civil Engineering (LNEC) which originally calculated the cost of environmental measures as being in the region of €224 million.

A spokesperson for the new

airport’s management company, Naer, said “none of the components studied [by 75 technicians, of various specialties, during eight months] seems to have the potential to become an unsurpassable obstacle for the airport’s construction”.

The latest quote could still be changed, however, as an official estimate depends on acceptance by the Portuguese Environmental Agency, which will draw up their impact evaluation and pub-

lish such findings for public consultation.

Of the seven key areas studied (ecology, hydrogeology, hydrology and surface waters, air quality, noise, ground-use and territorial ordaining, and social-economic aspects), amongst other negative impacts were found in the first category, ecology.

To minimize the impact of the airport, measures include the reforestation of cork-oaks, within the perimeter of the Alcochete shooting range where the new airport is planned; and a plan to manage wild life and minimize the impact on bird-life has also been created.

Other negative results were found within the category of noise, which can be minimized. The study concluded that if, in the year that the airport is expected to be launched it opens with 55 air movements at peak times the noise will affect 1,500 people.

The airport is not expected to cause a negative impact in any of the other categories. Its construction is anticipated to contribute to a rise in the national economy of 0.9 percent in 2012, as well as creating 66,000 jobs.

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Ryanair settles in at Faro Airport



This month Faro Airport is set to commence operations as Ryanair's second Portuguese base, becoming home to six of the low-cost airline's aircraft and subsequently opening the doors to 16 new destinations throughout Europe. Earlier this week, on March 1st, Faro Airport director António Correia Mendes gave The Portugal News an update on Ryanair's 'moving in', the progress of the airport's multi-million-euro expansion works, and a forecast for the upcoming year.

Just a few months ago Ryanair made the announcement that Faro would follow in the steps of Oporto's Sá Carneiro Airport and would become its second national base, directly creating 300 jobs and representing an investment of around US\$420 million.

In the midst of one of the worst global economic crises in recent history, Government representatives termed it as "the news of the year" for the Algarve.

The news was also described by national dignitaries as a "huge vote of confidence for the region". For Faro Airport, as director António Correia Mendes told The Portugal News, "it represents many things".

"Firstly it is a vote of confidence for the Algarve as Ryanair is one of Europe's leading low-cost carriers and it has affirmed the region's potential as a destination."

"Secondly, it means that we can connect to more destinations. As previously we didn't have a base here, we could only fly to airports that did have bases, but now we can fly to non-base airports, which is good", Mr. Mendes explained.

"Thirdly, Ryanair's expansion strategy is also good for us, as it not only includes development in the UK but also throughout continental Europe, and lastly it will work towards optimising our infrastructures as well as boosting low-seasons".

New destinations that will soon be launched include Bergamo (Italy), and the re-introduction of a formerly unsuccessful route to Madrid, Spain, which Ryanair closed in late 2007 after just ten months. In the near future Ryanair will also start flying from Faro to new destinations in France, Holland, Scandinavia, the UK and Ireland. More new routes from other airlines will also be introduced and include a second national flight (the first being Ryanair's Faro-Oporto domestic route) as Azores-based airline SATA is set to commence a Faro-Funchal connection.

Negotiations to establish a base at Faro had, according to Michael O'Leary, Ryanair's Chief Executive Officer, been ongoing for five years; in December last year suitable conditions for an agreement were finally reached. One of the main obstacles in reaching a consensus over the years was said to have been the expensive airport and handling fees charged by Faro.

Addressing the agreement, António Correia Mendes explained "Ryanair has a very ag-

gressive position in negotiations, but we didn't drop our fees as they are stipulated by law. We offered other incentives and reached an agreement that was beneficial to both parties".

Contradicting news that Faro Airport would be lowering its taxes for 2010, he added, "We always believed that we were in a position to not have to make any great concessions".

At the time it announced the launch of its Faro hub, Ryanair predicted that its creation would allow the airline to carry an estimated 1.3 million passengers to and from the region every year. Today this is hoped to help boost the drop in passenger figures experienced by Faro Airport.

In terms of passengers, "the Algarve and Faro Airport suffered a significant loss of seven per cent", António Correia Mendes confirmed during the interview.

"The only thing that makes the scenario a little less bleak is the fact that our main competitors suffered greater losses more than we did. But it is a poor consolation, demand has significantly reduced".

For 2010 the airport director predicts a "moderate growth, to which Ryanair will contribute and make bigger".

Commenting on the national air travel scenario, Mr. Mendes refuted suggestions that nearly-completed Beja Airport could strip Faro of some of its traffic or create rivalry.

He reasoned, "Beja will be managed by ANA - Airports of Portugal, as is Faro, and I don't see it causing any hindrance to us".

Regarding a new (second) airport in Lisbon, he contradicted recent reports that the current downturn in air travel passengers and future demand has eased the 'urgency' for a new infrastructure in that region.

"Lisbon needs a new airport and before 2017 [the anticipated date for the new airport to commence operations]", Mr. Mendes reiterated, adding "Lisbon is completely congested and has no more room for growth".

In the meantime, work is ongoing in earnest at Faro Airport as its expansion plan is at full throttle. Unveiled last February in a mega press conference, the €130 million investment to expand and improve the Airport's existing facilities, as well as create conditions to accommodate the changing needs of passengers, is currently being applied to improve air-side facilities, such as aircraft parking and taxi-ways.

Next year work will start on



Faro Airport Director Engº António Correia Mendes

improving road access to Faro Airport and other external facilities.

"Our passengers' profiles have changed", said António Correia Mendes, justifying one of several areas of investment.

"Now we have less charter flights and more low-cost flights and this is being reflected in passengers' needs. Before people would arrive in a group on a coach, and now they come in their own vehicles or rented cars. We must adapt to this".

But despite having been described by Minister for Transport and Public Works Mário Lino as "not yet worn out, but nearing saturation", Faro Airport is currently operating at just 30 percent of its maximum capacity and "still has lots of room for growth", according to its director.

Expansion investment is nevertheless a significant boost for the Airport. In February last year Minister Mário Lino commented on the necessity of the work taking into account the then-looming economic crisis, and said "people will say that because of the crisis there will be fewer passengers. It is true. It is anticipated. But it is temporary".

"This is a long term investment. The importance of air transport is absolutely necessary for the future", he added.

Phase one, which commenced in March last year and is hoped to be finished by 2011, targets the expansion and remodelling of operational areas, creating more aircraft stands, taxiways, and installing an Instrument Landing System (ILS) on runway 10, as well as installing a Glide Reflection mirror and expanding the security area at the end of runway 28. Phase two, which is predicted to start in 2011 and be complete by 2013, will give priority to revamping the passenger terminal, to accommodate current-day passenger demands, as well as improving

landside access.

António Correia Mendes guarantees all is on schedule and within budget.

Overall, the project aims to increase runway traffic from 22 to 30 take-offs and landings per hour, create 11 new parking

aprons that will accommodate various sizes of aircraft, including wide-body types like Boeing 737s, and expand the infrastructure's current processing capacity from 2,400 to 3,000 passengers per hour.

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*Correct at time of going to press.

Court overturns appeal against extradition of two ETA suspects to Spain

A Portuguese court ruled last week that two alleged ETA members detained in January in Portugal can be extradited to neighbouring Spain, judicial sources and lawyers said.

Garikoitz Garcia Arrieta and Iratxe Yanez Ortiz de Barron were

detained in central Portugal on a Madrid-issued European Arrest Warrant and kept in preventive detention in separate Portuguese jails.

Ortiz de Barron faces charges in Spain of belonging to and supporting a terrorist group, as well

as forging documents. Arrieta has been indicted in Portugal on terrorism-related charges and auto-theft.

The pair's lawyer, José Galamba, lodged an appeal last week against their fast-track EWA extradition. Judicial sources said

the two Spaniards would be handed over to the Madrid authorities unless there is a final appeal to Portugal's Supreme Court within a two-week deadline.

Portugal and Spain recently agreed to cooperate more closely in combating cross-border terrorism. Police in Portugal discovered an ETA bomb-making base earlier this month near a resort north of Lisbon. Following this decision,

Spain said it was "very pleased", according to Interior Minister Alfredo Pérez Rubalcaba.

"You know I don't like to mix my two roles, but given the subject and opening an exception because I don't like to comment on court decisions, allow me to say how very pleased I am", the Minister told a news conference in Brussels.

On arrival in Brussels, he had

said Madrid had seen two "very good" months in its fight against ETA, the Basque separatist organisation known for its terrorist actions.

Since January, he said Spanish, French and Portuguese authorities had detained 29 ETA suspects, uncovered a large explosives cache in Portugal and deactivated logistical bases.

TPN/Lusa



Minister of Internal Affairs, Rui Pereira at the press conference of Spanish Interior Minister Alfredo Rubalcaba on the ETA presence on Portugal territory, held at Forte de Sao Julliao da Barra, Oeiras on February 18th. (Photo: Lusa / José Sena Goulão)

EC responds to calls for stronger EU border management agency

The Commission has made proposals to strengthen the European Union's border management agency, Frontex.

The proposals include reinforcing the legal framework to ensure full respect of fundamental rights during Frontex activities and enhancing the operational capacity of Frontex to support Member States.

With the new proposal Member States would put more equipment and more personnel at the Agency's disposal.

Frontex would be able to co-lead border patrol operations with EU Member States. It would also be allowed to provide technical assistance to third countries (countries which are not part of the EU) and deploy liaison officers in third countries.

Home Affairs Commissioner Cecilia Malmström said: "This will give us the opportunity to better deal with irregular immigration and human trafficking, while at the same time strengthening the safeguards to guarantee full respect of fundamental rights. I hope that the European Parliament and Council will move quickly to turn this proposal into law, so that the Agency can get the human and technical resources that it needs."

Cooperation between EU countries on managing immigration through the EU agency Frontex has so far been limited by its lack of resources and of insufficient coordination between national authorities, according to evaluations carried out by the Commission and by an independent evaluation.

Frontex, the key tool for maintaining an area without internal borders and helps EU countries to coordinate border patrols over air, land and sea.

According to the EC, this latest proposal would ensure that Frontex can provide appropriate technical and human resources within the framework of joint border patrols.

EU countries would have to ensure that a pool of equipment such as boats and planes are at the disposal of the Agency, which would also be able to gradually buy or lease equipment.

The proposals now have to be debated and approved by the European Parliament and EU governments within the Council.

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Portuguese express crime concerns

The Portugal News unveils its own 'time machine'

For those readers who have ever wondered what life was like in the Algarve back in the 1970's and 1980's, what the price of everything was, who were the "leading lights" of the day, how the roads and transport were and what was planned for the future, well now you can catch a glimpse of many of these things on **The Portugal News'** new 'History' website.

Although **The Portugal News** did not digitalise its very earliest editions of the newspaper, this is being done now, and readers can already access and read selected articles from as far back as 1977.

These pages are in PDF format and can be accessed at the website www.history.theportugalanews.com

Articles already online make fascinating reading, and **The Portugal News** is adding to them almost daily as we digitalise more of the very earliest newspapers.

Visitors will this week be

able to read 'reviews' dating back to 1978 on areas such as Almancil (spelt with Almansil back then), Praia da Rocha and Praia da Luz, while also reading about the devastating Carvoeiro floods over 30 years ago.

Readers are welcome to let us know of the subjects that interest them, and we will do our best to find articles that match their request and put them online.

This new area of our site gives you a unique glimpse of life as it was in the Algarve up to 30 years ago.

The results of a national survey have shown that the majority of the Portuguese population believes that the feeling of insecurity in Portugal has grown and that it will worsen; 49 percent of those involved in the survey considered the country to be unsafe.

More than one third of those questioned claimed to have been a victim of crime, but just 65.5 percent of the victims reported their ordeals to the authorities.

According to the 'Barometer for safety, Data Protection and Privacy in Portugal', which was published this week, the Portuguese are currently pessimistic and do not foresee great improvements for the future.

When questioned about how the issue of safety has evolved in Portugal over the past year, 55.5 percent replied that it had worsened, 26.9 percent said the scenario had worsened significantly, and only 15.5 percent of those questioned believed it had improved.

But despite the apparent negativism regarding safety, the answers did show a slight improvement, particularly when compared to answers given in 2008 when more than 60 percent of those involved said that insecurity in Portugal had worsened.



Home Affairs Minister Rui Pereira speaking in parliament in Lisbon on November 21st. (Photo: Lusa / Miguel A. Lopes)

Nearly half of those questioned (47.4 percent) said that it was on the street where they felt most unsafe, followed by while travelling on public transport (13.6 percent), in car parks (11.7 percent) and near banks or ATM

machines (9.7 percent).

City-wise Faro was established as the most unsafe city, according to 64.3 percent of participants, followed by Greater Lisbon (50.8 percent), Viseu (49 percent), and Greater Oporto

(41.9 percent).

The 'Barometer for safety, Data Protection and Privacy in Portugal' was based on answers from 800 people who were approached between November and December last year.

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Portuguese MEP looks to revolutionise maternity leave



Minimum maternity leave in the EU should be extended from 14 to 20 weeks and be fully paid, MEPs on the Women's Rights Committee have said. An entitlement to paid paternity leave of at least two weeks was also approved by the Committee, a statement posted on the official site of the European Parliament has revealed.

The committee's report, drafted by Portuguese MEP Edite Estrela on the health and safety of pregnant workers, was adopted by 19 votes in favour, 13 against and 1 abstention.

Member States may introduce or keep existing rules that are more favourable to workers than those laid down in the directive. MEPs proposed that the minimum maternity leave in the EU be extended from 14 to 20 weeks, 6 weeks of which must be taken after childbirth.

In October 2008, the Commission proposed an update of the current directive and an extension of minimum maternity leave from 14 to 18 weeks, 6 of which would have to be taken after childbirth.

The maternity leave rules also apply to domestic workers and self-employed workers.

Workers on maternity leave must be paid their full salary, which must be 100% of their last month's salary or their average monthly salary, stated the Committee.

In its draft law, the European Commission recommended the

principle of full payment. However, it did not propose making full payment mandatory but simply said it should not be below the rate of sick-leave payments.

Member States must give fathers the right to fully paid paternity leave of at least two weeks within the period of maternity leave, says the committee report.

So far, there is no legislation at EU level on paternity leave.

Member States that have not introduced fully paid paternity leave to be taken by the fathers on a compulsory basis are strongly encouraged to do so.

This legislation on maternity and paternity leave should also apply to parents who adopt a child of less than 12 months old, argued MEPs.

Furthermore, fully paid additional maternity leave should be granted in specific situations such as premature childbirth, children with disabilities, mothers with disabilities, teenage mothers, multiple births, and births occurring within 18 months of previous births.

The Women's Rights Com-

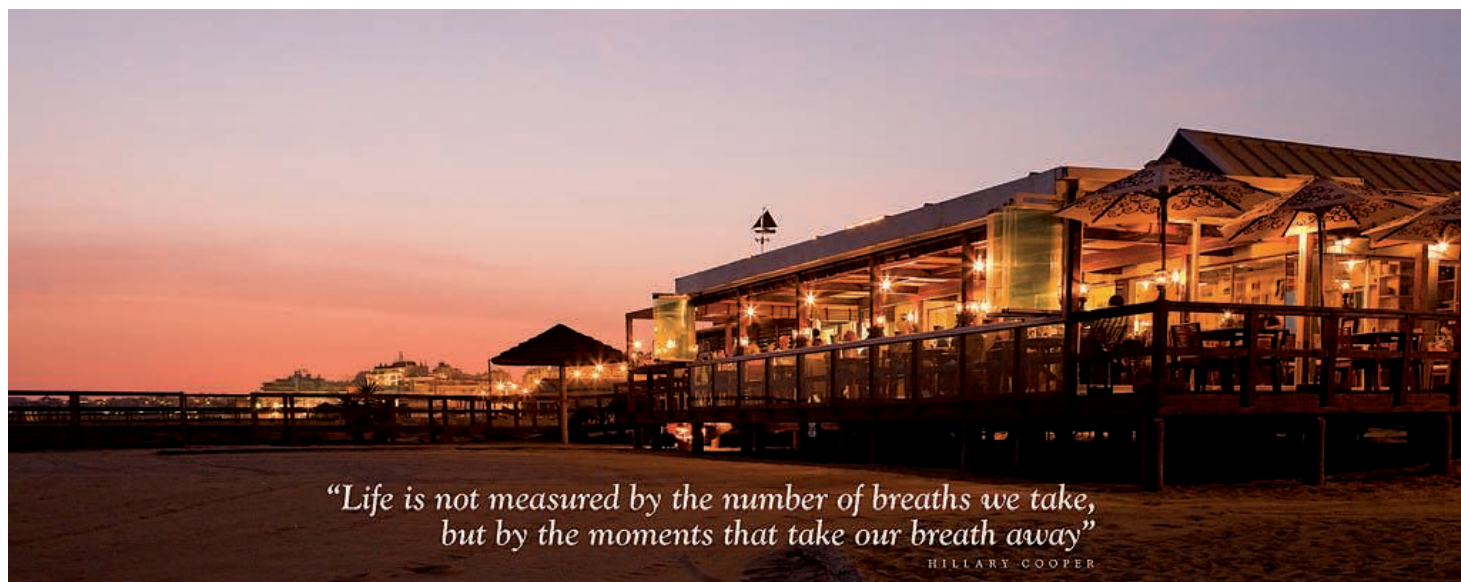
mittee adopted amendments to ban the dismissal of pregnant workers from the beginning of a pregnancy to at least 6 months following the end of the maternity leave. Dismissal during that period must be formally justified in writing.

MEPs also argue that, after maternity leave, women must be entitled to return to their jobs or to "equivalent posts", i.e. a position with the same pay, professional category and duties as before.

The Committee adds that workers must not be obliged to perform night work or work overtime during the 10 weeks prior to childbirth, during the remainder of the pregnancy in the case of a health problem of the mother or the unborn child, and during the entire period of breastfeeding.

Workers wishing to be exempted from night work must inform their employer and submit a medical certificate.

Photo right: MEP Edite Estrela (Photo: Lusa / José Sena Goulão)



Up to 200 new crèches will open this year, says Gov't

By the end of this year Government officials have said that between 180 and 200 new crèches are expected to open, with the aim of catering for 36 percent of the current demand, which is above European average, the State secretary for Social Welfare confirmed this week.

Launched in 2006 the crèches were constructed under the PARES programme (Programme for the Enlargement of Social Infrastructures Network), which has the objective of approving 400 new crèches for more than 18,000 children, with public financing of around €82 million.

Around 100 PARES crèches were inaugurated in 2009, and by the end of this year "between 180 and 200 new infrastructures could also be functioning", catering for more than 7,800 children.

This is therefore the confirmation of "a significant expansion of the welfare network", contracted between the state and social institutions, where there is co-participation in the application of "well over €200 per child, per month", State Secretary Pedro Marques told Lusa News Agency.

He added that the 400 new crèches were a 50 percent growth within the existing network prior to the PARES programme. This places Portugal clearly above average when compared to its European counterparts, given that the EU has established a net-

work coverage rate of 33 percent.

Regions that will particularly benefit from the PARES programmes are Braga, the Algarve, Lisbon, Vale do Tejo, and Oporto.

A survey carried out by consumer rights watchdog DECO of parents of children aged between one and five found that the majority of parents were "unsatisfied" with the current availability of crèches and kindergartens, with the Algarve showing the highest rates of dissatisfaction and central part of Portugal having the largest amount of satisfied families.

Lack of free places prevented 39 percent of families included in the survey from enrolling their offspring in crèches, and of those attending private institutions, 32 percent of the parents had previously and unsuccessfully tried to enrol their children in state-run establishments.

While the PARES programme also aims to rectify "territorial imbalances" regarding the distribution of crèches, this Friday another two establishments will be inaugurated in Braga, the first



Prime Minister José Sócrates during the opening of a new crèche in Lervão in May last year. (Photo: Lusa / Paulo Novais)

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in the Casa do Povo de Creixomil (Guimarães), the second at the S. Martinho de Brufe Parochial Community Centre (Famalicao).

Both were set to be attended by Prime Minister José Sócrates and the Minister for Work and Social Welfare, Helena André.

The two projects entailed public investment of nearly €1.4 million, according to data from the Ministry for Work and Social Welfare.

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Olli Rehn the new European Monetary Affairs Commissioner gives results of the European interim economic forecasts during a news conference in Brussels on 25 February 2010. The EU economy is gradually recovering, whilst still facing headwinds. Real GDP started to grow again in the third quarter of 2009, ending the longest and deepest recession in the EU's history. The exceptional crisis measures put in place in the EU played a major role in turning the economy around. However, in line with the autumn 2009 forecast, growth eased in the fourth quarter, as the impact of some temporary factors started to fade. According to the current update, the economic outlook for the EU remains broadly unchanged. GDP is projected to grow at 0.7% in both the EU and the Euro area in 2010. (Photo: EPA/Olivier Hoslet)

Economy headed down Greek path, alerts opposition chief

Portugal is headed down the "same path" to economic and financial crisis as Greece, opposition leader Manuela Ferreira Leite has warned.

"The truth is that, even though

we don't have the same numbers as Greece, we are strictly on the same path", the economist and former finance minister said. "Thus, the evolution of our debt and the evolution of our public accounts deficit are exactly on the same path as Greece".

"If we do nothing, within two years our statistics will be as bad

or worse than Greece's", Ferreira Leite said in a speech to the Luso-French Chamber of Commerce.

The leader of the centrist Social Democratic Party predicted that "the spotlight of financial institutions" will oblige the Socialist government to tighten its belt. *TPN/Lusa*

PM's Mozambique visit aimed to bolster business ties

Prime Minister José Sócrates' visit to Mozambique later this week could help trigger a new jump in Portuguese exports and business deals in the former colony, Lisbon's ambassador said this week.

Ambassador Mário Godinho de Matos told the Lusa News Agency that Prime Minister Sócrates' three-day visit, which commenced on Wednesday, would serve to boost "the good (political) relationship" between Lisbon and Maputo and "naturally, economic ties too".

He noted that Portuguese exports to the southeast African nation grew by one-third last year and that the prime minister would be accompanied by a 50-strong business delegation.

"Economic, trade and investment relations accompany political relations" and "good political ties also are a facilitating factor for economic activities", Godinho de Matos stressed.

He said that Portuguese businesses were looking to "diversify" operations in Africa after a period of concentration in major oil-producer Angola.

Portugal is Mozambique's second biggest foreign investor after Norway.

Mozambican President Armando Guebuza is expected to visit Lisbon in April. *TPN/Lusa*

Business climate indicator continues to improve

was still negative.

The increase in the BCI is said to reflect managers' positive opinion about both order books and production expectations.

Their assessment of production trends observed in recent months was even more optimistic. In contrast, the level of stocks is considered to be still in excess of the optimal level.

The Business Climate Indicator (BCI) for the Euro area rose for the eleventh month in a row, the European Commission has revealed. Nevertheless the relatively low level of the indicator suggests that year-on-year growth in industrial production in January 2010

Iberdrola not planning EDP exit

Iberdrola doesn't plan to sell any more of its shareholding in Portugal-based power group EDP, the Spanish energy giant said this week after selling 2.7% of its EDP stake.

An Iberdrola source told the Lusa News Agency the sale of part of its EDP stake for nearly €300 million, leaving the Bilbao-

headquartered group with 6.7% of EDP, is not the first stage of a plan to exit the Portuguese firm's share capital.

Iberdrola said in a filing to the CMVM Portuguese bourse regulator that its offloading of EDP stock fits in with its plan to divest itself of some assets worldwide. *TPN/Lusa*

Mobile phone users get protection from data-roaming 'bill shock'

As of this week, European mobile phone operators are obliged under EU roaming rules to offer their customers a cut-off limit facility to protect them from "bill shocks" for surfing the Internet with their mobile phones and laptops while travelling in other EU countries.

Under the roaming rules adopted by the EU's Council of Ministers and European Parliament in June 2009, this cut-off mechanism will, following a warning, cut consumers' mobile connection to the internet while abroad when their bill reaches a specified limit.

Digital Agenda Commissioner Neelie Kroes commented, "Protection against data roaming bill shocks is a useful step towards building customers' confidence to use mobile networks to surf the Internet when travelling around Europe. Such confidence is essential if people and businesses are to use the Internet to its full potential".

Under the new roaming rules, mobile phone operators

are now obliged to offer their customers a monthly cut-off limit of €50.

They can however offer customers any other limit.

They will receive a warning when they hit 80% of the chosen limit. Until 1 July 2010, customers need to make a deliberate choice in order to benefit from a cut-off limit. But, customers who do not make a choice by 1 July 2010 will have the cut-off limit set at €50 by default as from that date.

The cut-off limit available from this week will guarantee more transparency and protection for consumers, and it will ensure they will no longer face bill shocks for using data roaming services.

As an example of the problem, in 2009, a German traveller downloading a TV programme while roaming in France faced a bill of no less than €46,000.

In another recent example, a UK student was reported as receiving a bill of almost €9,000 for data roaming during a single month while studying abroad.

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EU says economic recovery is in progress but remains fragile



The EU economy is gradually recovering, whilst still facing headwinds. Real GDP started to grow again in the third quarter of 2009, ending the longest and deepest recession in the EU's history.

The exceptional crisis measures put in place in the EU played a major role in turning the economy around. However, in line with the autumn 2009 forecast, growth eased in the fourth quarter, as the impact of some temporary factors started to fade.

According to the current update, the economic outlook for the EU remains broadly unchanged.

GDP is projected to grow at 0.7 percent in both the EU and the Euro area in 2010. The inflation projections also remain largely unchanged at 1.4 percent and 1.1 percent in the EU and the Euro area, respectively. Uncertainty surrounding these projections remains rife, as recent developments in financial markets have illustrated.

Commissioner for Economic and Monetary Affairs Olli Rehn said: "The recovery of the EU economy is materialising but it is still fragile. Putting the European economy back on a strong and

sustainable path should be our overarching objective."

He added "For this we need to work on two fronts: the economic recovery and the consolidation of our public finances. The new Europe 2020 Strategy leading to the modernisation of our economies should go hand-in-hand with the consolidation of our public finances. This is necessary for sustainable growth and job creation."

The risks to the EU growth outlook for 2010 still appear broadly balanced, the European Commission said.

On the downside, the situation of financial markets remains highly uncertain and subject to serious adverse risks. On the upside, the vigour of the global recovery, particularly in Asian emerging markets, and the imminent turning of the inventory cycle in the EU may have a greater impact on domestic demand than currently anticipated. As regards the inflation outlook, risks also appear to remain largely balanced for 2010.



PSD Leader Manuela Ferreira Leite makes a speech during the V Election Conference in Oporto on 27th February. (Photo: Lusa / Fernando Veludo)

Automotive electrical and electronic component suppliers investigated

The European Commission last week confirmed that officials carried out unannounced inspections in several unnamed member states at the premises of companies active in the sector of automotive electrical distribution systems (sometimes referred to

as wiring harnesses) and of other components for automotive electronic and electrical distribution systems.

The Commission said in a statement it had reason to believe that the companies concerned may have violated EU

antitrust rules that prohibit cartels and restrictive business practices (Article 101 of the Treaty on the Functioning of the European Union – TFEU and Article 53 of the Agreement on the European Economic Area).

The Commission's investiga-

tion is being coordinated with several other competition authorities worldwide.

Wire harnesses are generally considered the "central nervous system" of a car, linking the car's computers to the various relevant functions in the vehicle.

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taxes on your death if:

- You have taken your tax free cash.
- You have taken some income from it, however little, and have not purchased an annuity.

Once you buy an annuity, your fund will be free from inheritance

tax and other UK charges on death – but when you die an annuity usually dies with you (other than a spouse's/dependent's pension) and you cannot leave any balance to your family.

Provided you are non-UK domiciled (and not just non-UK resident) on your death, British expatriates escape IHT on their non-UK assets. However UK based assets and potentially pension funds, remain liable for IHT if your total UK estate is worth over £325,000 (the current IHT threshold).

35% tax on income drawdown

If you are under age 75, once you start to take benefits from your pension fund but have not purchased an annuity it will be subject to a 35% tax charge on death, charged to the pension trustees.

This applies even if you have only taken your tax free cash from your fund and have not yet taken any income.

There is no exempt allowance between spouses. You can avoid this tax charge by arranging for your spouse to continue with the drawdown arrangement, but the tax will be levied on the second death.

Even if you are non-UK domiciled this 35% tax charge still applies to your UK pension fund.

Alternatively Secured Pensions - the alternative to annuities

Annuities are potentially expensive and restrictive – not to mention that annuity rates are at record lows.

While you are no longer required to buy an annuity, the alternative is not particularly attractive either.

If you do not buy an annuity by age 75, you will be transferred into an Alternatively Secured Pension (ASP). This works in a similar way to drawdown, but with lower levels of income – and the tax charges on death can be as high as 82%.

QROPS – the solution to avoiding UK taxes on death

The solution for many British expatriates is to move their pension funds out of the UK and into a Qualifying Recognised Overseas Pension Scheme (QROPS).

Once you have been non-UK tax resident for five consecutive tax years, and provided you are still non-UK resident on death, your pension fund will escape the usual UK tax charges levied on your pension trustees, allowing you to leave your family all of the remainder of your fund.

There is no requirement to buy an annuity with a QROPS (unless you wish to). If you do not buy an annuity, the fund can be passed on your heirs according to your wishes, and it still escapes the UK tax charge on death of up to 82%.

Transferring your pension into a QROPS can therefore result in significant advantages for your

heirs. They will be able to receive the entire balance when you die, rather than potentially most of it going to the taxman or all of it to a life assurance company supplying your annuity.

It can also result in tax savings for yourself, thereby increasing your pension income. No UK PAYE is payable on income from a QROPS and your pension can roll-up tax free. Taxation of withdrawals is usually more beneficial than if you keep a UK pension fund (depending on where you live). With professional advice you can usually set up your QROPS to provide tax efficient income in your country of residence.

QROPS also allow expatriates to choose the currency of denomination and income, thus removing the risk of fluctuating income as well as exchange rate costs. With increased investment and income flexibility available within a QROPS, you can set up your fund to suit your expatriate lifestyle.

If you are non-UK resident or about to leave the UK and have one or more UK private pensions, it is certainly worth considering a move into QROPS. Seek advice from a wealth management professional to explore your options and ensure it would be an appropriate move for you.

To keep in touch with the latest developments in the offshore world, check out the latest news on our website www.blevinsfranks.com David Franks, Chief Executive Blevins Franks

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IRS 2009: Expenses

by
Dennis Swing
Greene

nº7 - TAX BENEFITS FOR DISABILITIES

With the passage of time come aches and pains. Many people discover that these ailments can qualify them for disability benefits when it comes to tax time. 60% or greater disability entitles a taxpayer to fiscal benefits. The advantages are numerous and, although reduced for many from the past, can still be quite significant. In the past, the disabled had a 50% increase to standard

credits available to salaried and self-employed workers as well as to pensioners. Starting in 2007, this formula changed and the credit limited to 3 times the National Minimum Wage (3.5 €426 = €1 491 in 2007). Disabled dependents are entitled to a credit of 1 times the National Minimum Wage (€426 in 2007). These and other benefits now work as follows:

In this series of articles, we examine in depth different areas to show how to substantially reduce the tax that you owe:

- 1) Tax Credit Summary
- 2) Medical
- 3) Education
- 4) Housing
- 5) Insurance
- 6) Donations
- 7) Disabilities

BENEFITS FOR THE DISABLED IN 2009

Personal Credit for the Disabled when disability is $\geq 60\%$	€1 800
Disabled dependent; disabled elderly dependents	$>60\% = €675$
30% of education & rehabilitation expenses for disabled family members	unlimited
25% of life, accident premiums & pension contributions for disabled	up to 15% of taxable income
90% of pensions, salaries and self-employment income are taxable	up to €2 500
Care expenses when invalidity is $\geq 90\%$	€1 800

QUESTIONS & ANSWERS:

I believe that I may qualify for disability status for tax benefits but I don't have all of the documentation to substantiate my condition(s). What should I do?

You must be prepared to complete a somewhat lengthy bureaucratic process in order to qualify:

- 1) obtain letter and medical report from your family doctor.
- 2) at the local Health Centre (Centro de Saúde), request a review by the Medical Board (Junta Médica).

Disability Declaration will serve as proof of the disability.

3) if the Disability Declaration has not as yet been obtained at the time of submission of the IRS Tax

Return, a second tax return may be presented when the Certificate is available.

Are there any other benefits other than those mentioned above?

Yes. There are tax breaks when buying new cars. However, these are conceded at the time of vehicle importation into Portugal, not on the showroom floor. Professional guidance is

advisable.

This is the final article in the series on "IRS" 2008 Expenses

Dennis Swing Greene is Chairman of the Board and International Fiscal Consultant for euroFINESCO s.a. Private consultations can be scheduled at in Guia (Albufeira) 289561333, Lisbon (Chiado) 21342421 and in Funchal (Sé), Madeira 291221095, by e-mail at info@eurofinesco.com or on the internet at www.eurofinesco.com.

Volvo Ocean race to pass through Lisbon



Lisbon will be one of the stopover locations for the 2011/2012 Volvo Ocean Race, one of the most gruelling offshore circum-navigation regattas in the world.

The Portuguese capital will be the finish of the transatlantic leg of the next race in the summer of 2012, according to Volvo Ocean Race CEO Knut Frostad. The official announcement of Lisbon hosting the event was made during a press conference, held at the 'Padrão dos Descobrimentos' monument, in Lisbon, in the presence of Lisbon Council and businessman João Lagos. It was Mr. Lagos who negotiated for Lisbon to be a stopover location for the world renowned sailing event, winning its bid over 80 cities that were also interested in being the stopover location.

The first stage will be the same as in the 2008/2009 event, with the sailboats departing from Alicante en route to Cape Town, this being the only officially confirmed stage so far. The Lisbon stopover will take place in 2012, with the yachts arriving from their transatlantic trip, either from Bra-

zil or the United States of America, and heading towards France or Ireland. The definitive calendar will be made public by the end of this month.

Being such a high profile event, Lisbon will have to invest a considerable amount as the Volvo Ocean Race attracts thousands of people, the reason for the event taking place in Lisbon and not in Cascais.

On arrival at the capital city, the yachts will undergo repairs as well as participate in a local regatta.

With a large amount of space required to harbour these state-of-the-art vessels, Lisbon Council will be restarting the renovation of the Docapesca area, in front of the Pedrouços river, between Lisbon and Algés. It had been planned for a complete facelift in 2004, when the Americas Cup was meant to stopover in Lisbon, but the event was then moved to Valencia and the project was abandoned.



The boat of Team Delta Lloyd on its way to the finish line at the coast of Ijmuiden, The Netherlands, 02 December 2009. (Photo:Lonkhuijsen/United)

Four collapses in as many days cause concern in Lisbon

The partial collapse of a building in the Poais de São Bento avenue, in Lisbon, was the fourth incident of its kind to take place in Lisbon last week, pointing towards the increasing deterioration of buildings in the capital city, especially in historic areas.

Helena Roseta, a Lisbon councillor, says that 40 to 60 percent of the buildings in the historic centres of the City are badly maintained and are at risk of collapse, even more so after such a rainy winter. She has urged the Council to pressure the Government into providing more funds to keep Lisbon's old buildings standing.

In four days a total of four buildings partially collapsed in the capital, the last being a building in São

Bento, which, just as in all the other incidents, did not cause any injuries. The building's staircase collapsed and its only inhabitant, a 63 year old lady, refused to abandon the building. With authorities being unable to relocate her, she was forced to sign a personal responsibility form to spend the night in her home. An alternative house has been found for the woman in the meantime.

Two buildings, in Sol à Graça

road and Escadinhas de São Cristóvão, in Mouraria, also sustained damage and both are planned to be demolished as the structures are considered unstable after the incident.

The councillor responsible for Housing revealed the poor state in which many buildings are currently at in Lisbon, with the council owning 180 buildings that are poorly maintained, 145 of which present a serious risk to the safety of citizens. According to the Local Hous-

ing Programme Atlas, shown by Helena Roseta, the average age of the council's buildings in Lisbon is around 54 years (data from National Institute of Statistics, from the 2001 census), above 1991's figure of 51.

A building-age ranking of Lisbon's parishes has also been created, with Santiago placed first with the average age of buildings being 90.1 years, followed by Encarnação (89.3) and São Miguel (87.9).

European young lawyers gather in Lisbon

The European Young Bar Association (EYBA) has announced it will be holding its Spring Conference and European Committee General Meeting, taking place between 12-13 March 2010, at the Associação Comercial de Lisboa (Chamber of Commerce), Rua das Portas de Santo Antão 89, Lisbon.

The Friday conference programme will be dedicated mainly to the latest developments in EU law, with particular focus on the Lisbon Treaty.

Participants will also have the unprecedented opportunity to learn more about the host country, Portugal, as a great place for business, especially thanks to the extremely favourable opportunities through the fiscal regime of the island of Madeira.

In order to encourage open discussions amongst the participants, the conference will also feature a debate about access to the legal profession and give an insight into being a young lawyer in Portugal.

The main objectives of the conference will be to provide a general update about the latest developments in EU law; Focus on the approval of the Lisbon Treaty and illustrate its main features; Provide information about business opportunities in Portugal; Share some true stories about what it is like to be a young lawyer in Portugal; Introductions to a wide range of prominent expert speakers; Offer valuable networking opportunities with colleagues from other jurisdictions. For more information visit www.eyba.org

Cheryl Cole coming to Portugal with the Black Eyed Peas

UK TV darling and singer Cheryl Cole is to perform in Portugal on May 30th performing with the Black Eyed Peas at the Jamor Nation Stadium, Lisbon, in the BES Festival Selecção.

Cheryl is believed to be guest-starring in the Black Eyed Peas European tour while at the same time presenting her first solo album, '3 words', produced in collaboration with Black Eyed Peas

member Will.i.am.

She collaborated previously with the music mogul on the chart-topping single 'Heartbreaker', and since expressed her wish to work with him again.

'3 words', which features the single 'Fight for this Love', was released last year and topped the UK charts, having sold more than 600,000 copies.

Black Eyed Peas meanwhile are set to provide a soundtrack for Portugal's participation in the World Cup 2010 in South Africa later this year after reports stated national trainer Carlos Queiroz had chosen their top-selling hit 'I Gotta Feeling' as Portugal's 'anthem'.

BES Festival Selecção is sponsored by BES bank and is being held just days before the national football team heads off to South Africa, as an official send off.

Also participating in the festival will be Buraka Som Sistema, Nu-Soul Family, TT and Funkyou2.

Tickets are available on www.ticketline.pt, starting from €35.

Fire leaves eleven homeless

A devastating fire on Fernandes Tomás road, in Lisbon, left eleven people homeless this week, two being taken to São José Hospital with injuries.

The people who were left with their homes ruined by the fire, two families, lived on the second floor and in the attic of the building on Fernandes Tomás road.

The fire and water used to combat the flames caused too much damage for the homeowners to return immediately to their apartments and were taken in by family members to spend the night.

Their apartments were in-

spected on Tuesday morning by the Lisbon Council Conservation of Building's Board, in order to assess the structure and safety conditions of the building.

"For now the building will stay closed for safety reasons" but only after "the structure and the conditions it was left in are assessed can we reach further conclusions" said a source from the Council's Civil Protection Agency.

Electric minibuses in Almada historic centre

Almada Council will be putting two recently acquired electric minibuses into circulation in both its historic centre and pedestrian area, in order to improve the mobility of citizens.

Catarina Freitas, administrator of Almada Energy Agency, said the project was created with the city centre's characteristics in mind: "It is a locality with very unique features, it has a pedestrian zone and bumpy pavements; it is an area where there are more elderly people and it has

several commercial establishments" she said, adding "This solution, which we called Flexibus, was the answer to two essential needs: an agile means of transportation for an urban environment and sustainable from the environmental perspective."

The buses, which cost around €400,000 for the pair, should be fully functioning by the end of this year. They have a capacity for 30 people and also are equipped to transport people with reduced mobility.

A study is currently being carried out to see what routes will be chosen and the prices charged. "We will, until March, evaluate the mobility needs for the population residing and working in Almada. Only then will we define the routes of the buses and the prices users will have to pay" said Catarina Freitas.

The idea is for the buses to circulate throughout the centre of Almada with no set stops or schedules, picking up passengers on request or by previous reservation.

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Spinathon raises thousands for two deserving causes



Meg Manson (second from left) of the Spinathon pictured here with representatives of Faro Hospital



After a gruelling 24 hours sponsored 'spinning' marathon (indoor cycling on 'spinner' bikes) to raise funds for Faro Hospital's paediatric ward as well as for the São Lourenço International School, the organisers were "thrilled" to find that they had raised an amazing €28,000 to be divided amongst their two causes.

Organiser Meg Manson, who had the idea as she herself attends the popular 'Spinning' classes (which is somewhat like using an exercise bike to music), said she was "thrilled" when she discovered how much had been achieved in sponsorship and was "really pleased" with the outcome.

"It really is quite amazing as the Algarve is such a small community yet so many people were supportive of the event and sponsored it" she told *The Portugal News*.

The 24-hour fund-raiser was organised with around 30 participants 'spinning' in shifts of one hour on and three hours off. The funds raised were presented to the two recipients last week, with Faro Hospital's pae-

diatric ward and São Lourenço International School receiving equal amounts of €14,000 each.

Meg explained "I have three children who attend São Lourenço. I think people presume that because it is a private international school that it must be wealthy but its not, it is a non-profitable organisation. It survives solely on pupil fees and most of those pay the teachers' salaries. Anything left over goes towards maintaining and improving the school's facilities".

The €14,000 raised by the 'Spinathon' will be put towards upgrading the school's sports field. Faro Hospital's paediatric ward will use their amount to purchase specialised beds and other necessary equipment.

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Algarvean wine elected amongst 'Portugal's finest'



The Lagos-produced Monte da Casteleja Maria Selection Tinto, 2007 was the only Algarvean wine to be placed amongst a handpicked selection of 'Portugal's Top-50 Best Wines' in 2010, elected by British journalist and founder of website thewinedetective.com Sarah Ahmed.

Sarah Ahmed was appointed by the Association of Portuguese Wine Importers (APWI) to nominate the 50 best Portuguese wines of 2010.

In order to complete her mission Sarah visited Portugal more than five times.

In the Association's brochure she wrote of the only Algarvean wine to be nominated:

"Wine-wise, the Algarve may have less history than Colares, but property development is also an issue for its growing band of wineries, 16 last count.

"Frenchman Guillaume Leroux took over his grandfather's Algarve farm, Monte da Casteleja in

2000, producing his first wines in 2004.

"Rather than seeking to pander to the tourist market with easy drinking quaffers, Leroux is focusing on quality.

"Vines planted on clay and limestone are tended organically and he foot-treads his reds. Though it's early days, his wines show lots of character and promise."

The event showcasing Portugal's '50 Best Wines' will travel to Manchester and Edinburgh in June this year. They were formerly introduced to wine experts, from the restaurant, importation, critic and journalism trades at London's Caledonian

Club, last month.

The Monte da Casteleja Maria Selection Tinto, 2007 was created

as a tribute from Guillaume Leroux to his wife Maria, "to acknowledge her constant support".

Hand grenade washes ashore in Lagos

A hand grenade used in military exercises was found on Lagos Nautical Club's small beach on Sunday morning.

The Chief Naval Officer of Lagos, Cruz Martins, explained that he received a phone call on Sunday at 08h45. The Navy proceeded to the Lagos Nautical Club and confirmed the presence of a military hand grenade

near the pier. "Taking all precautionary measures, the area was cordoned off and the Maritime Police and Naval explosive experts removed the grenade, taking it to the Navy's headquarters" added Cruz Martins.

The military training hand grenade was disabled on Monday morning.

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Alisuper reduced to sixteen shops



As of Monday this week, the Algarve's biggest supermarket chain has been reduced to only sixteen shops and around fifty employees in order to control the Alicoop/Alisuper Group debts of €80 million.

A total of 65 of the 81 shops of the Alicoop/Alisuper Group have been closed through the enforcement of a cost-reducing plan, with thirteen of the Algarve stores and three in the Lisbon area staying open until creditors reach a decision regarding the future of the company.

The majority of the 380 workers ended their contracts on Monday, with their "income being guaranteed by the Unemployment Fund" said José António Silva, Chairman of the Board of Alicoop. "Of course we would prefer if things hadn't reached this point, but they ended up occurring smoothly" added the Chairman.

Alicoop, the company which

owns Alisuper, Macral and Geneco, was forced to reduce the Group's activity by 90%, after its negotiations with creditors collapsed regarding the standardization of the Algarvean retail Group's logo.

Caixa Geral de Depósitos, the State owned bank, refused to provide a further €1.2 million to finance the Group, having stated that Alicoop had already "taken its support level to the limit." On the other hand, Millennium BCP supported the idea.

Alicoop's administration must now wait for the creditors to find a solution and vote favourably for the plan in order to reopen all the shops with the company's new business philosophy.



Alisuper workers demonstrate outside the headquarters of the Caixa Geral de Depósitos against the Alicoop Group's insolvency process on 9th February 2010 in Lisbon. (Photo: Lusa / José Sena Goulão)

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Project launched for endangered species



The Nature Protection League (LPN) has launched a €2.6 million project that seeks to preserve habitats and improve the survival and reproduction conditions for the Iberian lynx and the black vulture in the Southeast of Portugal.

The LIFE+ Habitat Lynx Vulture project, launched in Moura, Beja, will carry on until 2013 in the 'Rede Natura 2000' areas, more specifically in Mourão, Moura, Barrancos, Vale do Guadiana and Serra do Caldeirão. It seeks to contribute towards the preservation and improvement of those areas, in order to create "a Mediterranean habitat with survival [refuge and feeding] and reproduction conditions for the Iberian lynx and the black vulture" said Filipa Loureiro, from LPN.

The Iberian lynx, the most endangered feline species in the world, and the black vulture are two species in "critical danger"

and are both targets of the same threats, such as losing their habitat and having scarce food resources.

In the first phase of the project, priority habitat areas will be identified to evaluate the quality of the existing ones, and then efforts will be made to preserve or improve these areas.

The objective is to find areas with a vast amount of vegetation adequate for refuge and reproduction, as well as possessing enough wildlife for their feeding, such as wild rabbits, both the species' main prey. The project also foresees measures to increase the population of wild rabbits. In the future, all of these measures

will provide "conditions for the Iberian lynx and black vulture to exist and reproduce in the Southeast of Portugal, so sufficient populations can exist via reintroduction programmes or by the natural re-colonization of the species" said Filipa Loureiro.

According to the LPN, at this moment there are around 1,400 pairs of black vultures in Spain, the second largest population in the world and the biggest in Europe. Unfortunately, these birds choose not to reproduce on Portuguese soil.

The LIFE+ Habitat Lynx Vulture, included in the Lynx Programme, which was launched in 2004 by the LPN and Fauna and

Flora International to preserve the feline and its habitat, will also carry out awareness campaigns to broaden local communities' knowledge of both the species.



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The Algarve Wine Society holds its AGM and Gala Dinner

On Saturday evening, February 20, The Algarve Wine Society held its Annual General Meeting, followed by a reception and a black tie gala dinner dance, at Vila Vita Park. There was a most joyful and festive party atmosphere inside that provided a perfect counterpoint to the dreadful weather outside.

The AGM, which was attended by almost 100 members, was conducted with competence and aplomb by the Acting President of the Assembleia Geral, Michael Savage, and featured reports from the President, Secretário and Tesoureiro of the Direcção, Erla Walther, Larry Hampton, and David Grindley respectively, and the President of the Conselho Fiscal, Edwin Bisset. The gist of the meeting was clearly that the Society is in very good health and going from strength to strength. At the end of the last membership year 26 new members were admitted to replace the 23 who did not renew (a normal drop out rate of 10%). Currently membership stands at 215 and there is a waiting list.

Following the AGM a reception was held for members and their guests, after which the assembly settled in for a long and absolutely delicious 5 course gala dinner, featuring Mediterranean salad with pan fried prawns and grilled young vegetables with a tomato and basil coulis, a truffled cream of potato and leek soup with chervil and croutons, rack of Alentejo lamb



The AWS Management Committee – (standing, left to right) Ken Kempson, Gaynor Stapleton, David Grindley, Anne Green, Simon Rose and John Edge. (seated) Larry Hampton, Erla Walther and Michael Berger

in an olive and pine nut crust with lavender jus, broad beans, tomato confit and rissoles potatoes, a selection of cheeses and, finally a grand cru chocolate chiboust with basil-raspberry sherbert and old balsamic – and, of course, some superb wines and port.

As the last vestiges of dessert were being spooned up, Ilze van Zanten, a wonderfully talented and most entertaining Dutch

singer, provided live music for the members still feeling up to it to dance their way into the wee hours of the morning. It was indeed a most memorable evening and a great start to the Society's spring calendar.

The Algarve Wine Society has a full and exciting program of events in the next several months, including an Italian evening March 26, a gourmet dinner in April, a 5 day trip to Galicia in

early May, a tasting of Bairrada sparkling wines accompanied by the region's famous leitão in late May and the traditional summer party in late June.

Although the Society's membership is full and a waiting list is in effect, those interested in having more information about The Algarve Wine Society should contact the Secretary Larry Hampton, via e-mail at hampton@mail.telepac.pt.

Major donation for Madrugada



Pictured here (left to right) are HOL founders: Dave Wilson, Avril Patchett, Ann Drummey and Chris Drummey with Alison Blair.

The Madrugada charity received a major boost to its fighting fund during its first anniversary lunch on Feb 25th with a donation of €20,000 from the Hands of Light organization. The presentation was kept a secret right until the end of the lunch when the four HOL founders came forward and made the announcement.

In thanking the four HOL founders, Madrugada president Alison Blair said: 'This

very generous gift means that we are now in a financial position to deliver a service in the community. One last push to tie up a few loose ends and we'll be able to make a start. It's been an incredible first year, but now our real work is about to begin. Madrugada is an 'all Algarve' project belonging to the community and it's the community that will benefit so please help us to help you'.

Walking in the beautiful Algarve

Let's Walk...

...from Monte Ruivo

Wednesday March 10th

This is an amazing 2.5 hour circular walk that will take you through unknown valleys and up onto the hilltops with great views to the sea. There is one short climb and the stream has to be crossed but there are stepping stones. 10.30am start meet at the cafe Belo Horizonte. Take the A22 and exit for Odiáxere/Mx Grande drive into Odiáxere and turn right at the lights in the centre. Follow the signs for the 'barragem' drive for about 5km and after passing a road to the left to Colinas Verdes the cafe is up on the right. All are welcome to come along - there is no need to book (there is a charge of 5 euro per walk which includes a donation to charity). Please wear comfortable shoes, bring some water and a sense of humour!

If you require more details please call: Julie Statham 965 753 033 / 922 244 242 or www.portugal

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Fundraising luncheon in aid of Lagoa Firemen

On Sunday 28th February a luncheon was held at Restaurant Solar do Farello in Mexilhoeira Grande, in aid of Lagoa Voluntary Bombeiros.

Fernando and his Staff provided an excellent meal, while Carole raised over €300 for the raffle and Allan Storm and his music put the top hat on what proved to be a great day for a good cause.

The amount raised from the lunch and donations including a generous donation from Home in Lagoa was €1,050.

Val Johnstone, who has been an avid campaigner for the Lagoa Voluntary Firemen, who will soon be leaving the Algarve after many years of fundraising, said "Thank you to everyone who over the years has helped me raise funds for the Lagoa Bombeiros because of your support we have been able to provide much needed equipment and protective clothing for the ambulances and fire

fighting that they would not have had without your help.

"This was my 13th and unfortunately last time for organising fund raising for the Station; Bill and myself are leaving the Algarve but I would ask you all to continue helping these men and women who give their valuable time and sometimes their lives to help everyone. No discrimination, rich, poor, young, old and even the animals. If you don't go behind the scenes you will never know just how much they do.

"Be assured Lagoa Bombeiros have always been most appreciative of the generosity of the expatriate community. "Over the years I have seen such a great improvement and I am very proud to have helped them on their journey. Please continue to give them your support. The Bombeiros have become my friends and I will miss them as I will miss all my friends in the Algarve. A sad goodbye to you all".

February FUNd raising

Lynn Love, Martin Binks, Carole Good-Dixon and Derrick Watts teamed up in February to have some fun while fund raising for the Pirlampos and Gaivota Childrens Homes in Albufeira.

After presenting two well attended Quiz Nights in the Hotel Garbe Lynn and Martin moved on to The Village Inn, Mexilhoeira de Carragao where the inaugural 'Carole's Buddies Event' was being held. An after lunch session of Lynn and Martin's version of that old TV favourite 'Mr and Mrs' produced lots of laughter both from the audience and the three volunteer couples in the hot seats!

The three events raised 350 Euros for the charity and Lynn, Martin, Carole and Derrick would all like to thank everyone who attended and supported the raffles.

Lynn and Martin's April fund raising events will be for Castelo de Sonhos in Silves with an Easter Egg Hunt around Armacao de Pera followed by an Easter Bonnet Competition in the Hotel Garbe on Sunday 4th followed by a Quiz Night on 5th. See the Hotel Garbe website for details or telephone Lynn on 919 266 770.

If you would like more information on future Carole's Buddies events telephone 966 571 639.

Bowls Algarve

24th February
Tigers skinned by Nuts -
Gladiators get the Thumbs
Down from Greens

Another series of mid-week fixtures as the championship draws to its conclusion. Second placed ABC Cats were at home to the PDF Sinners and anxious to make up ground on the Alvor Greens. The Cats duly obliged with a stunning 74-30 victory and the full eight points. Unfortunately for them, the Greens were playing Alvor Gladiators and were in no mood to give ground, the Greens also winning handsomely by 75-26 and pocketing all the eight points. Alvor Harlequins continued their quest for a high league placing with a 52-40 victory over the Alvor Amigos. Harlequins took six points to the Amigos two. The final match of the series saw Tavora Tigers at home to the Amendoeira Nuts. Tigers had an unhappy day losing 61-43 and dropping all the points to the resurgent Nuts.

27th February
Harlequins Bury the Nuts,
Gladiators Put Sinners to the
Sword

Yet another grey and overcast Saturday morning for round twenty of the championship. PDF Sinners were the home side against the visiting Alvor Gladiators, keen to press their claim to the runners - up spot in the table. A tight and tense match saw the Gladiators sneak home by just one shot, 49-48 however the Sinners shared the points four

apiece. Another team fighting for the second slot are the Alvor Harlequins who travelled to face the Amendoeira Nuts. Harlequins also maintained their push with a very good 59-46 victory and six points to two. Albufeira Cats have faded a little recently, having been well up in contention with the table topping Greens for most of the season. However they got back on track today with a 62-48 win and a valuable six points against two for the visiting Valverde Vikings.

The Alvor Greens made the long trip to Pedras Panthers, seeking to consolidate their grip on the championship. Panthers however were in no mood to roll over and only just lost a very close match by 50-47, the points again being shared four each. The final match was between the Tavora Tigers and Valverde Vulcans, however the bad weather forced a postponement. The net result of all these games is that Alvor Greens have now sealed the championship with two games to go, being twenty points ahead of the Cats with only sixteen available. Greens have 129 points and the Cats have 109. Crusaders cling on to third with 99 points, Harlequins are in close attendance on 96. Gladiators are fifth with 86 and Vikings now have 80 points. Panthers move up to seventh on 75, just ahead of the Tigers on 74. Amigos have 66, Sinners have 59, Nuts are on 53 and the Vulcans remain on 24 points. Alan Clarke - League Director

Bike rides

Saturday 27th February 2010
- Movers

Starting Point: Alte :- Parking on Av 25 de Abril, leading up from the cemetery roundabout to the town centre

Let's meet here at 09.45 am
Start Time: 10.00am

Ride Details: This will be a moderately challenging ride mainly on tarmac roads in the hills around Alte, a fairly hilly and challenging ride, but there will also be a cafe stop.

Sunday 28th February - Shakers

Starting Point: Albufeira Marina :- Parking on Alameda dom Carlos, by the shops and cafes on the street level above the Marina. Let's meet here at 09.45 am
Start Time: 10.00am

Ride Details: This will be a fairly gentle ride on tarmac roads and

also some dirt tracks, heading along the coast towards Armacao de Pera and then inland towards Algoz, heading back via Guia and returning to Albufeira. There will also be a cafe stop.

Bike Hire - Transport

If you need bike hire or transport, then please do let me know in advance so that this can be arranged. I will aim to be at Bikeland from around 09.00 am to 09.15 am on Saturday and can carry hire bikes and several passengers. Bike hire for Sunday needs to be booked in advance as Bikeland is closed on Sundays, if anyone needs a bike then please let me know and I can collect it on Saturday & return on Monday. Anyone needing transport on Sunday please let me know.

Paul Beesley, 913 226 954

What Price Are You Willing to Pay For Your Health?

We all know someone, probably yourself, who needs to improve their health.

On Wednesday 3rd March, 6pm, at the Madrugada Centre, in Praia da Luz, digestive health expert Galina Imrie is giving a talk on Colon hydrotherapy, nutrition, health and lifestyle.

She will cover the following, but you will be invited to ask questions: Do I leave my modesty at the door; What are the benefits of colon hydrotherapy; Will I lose weight; Enemas & laxatives, more harm than good; Is it safe?; What is involved?

Jonathan comments "Having had treatments up until a few

years ago, I was delighted to find there was a qualified therapist in the Algarve. The tips and advice given to me, my own doctors have never mentioned or made me aware of, and they are such simple pointers, everyone should know about it"

Pass on the value of good health to family, friends and colleagues and go along for a fun filled hour and tips to last a lifetime. Please call to confirm your attendance. T: 282 313 820, M: 917568851

Free admission, but donations are welcome and will be going towards the Madrugada project supporting people with life limiting illness.

Information Days

Three "Information Days" were held last week at Fonte Quinta do Bispo, Boa Vista Golf Club and the Hilton in Vilamoura. Hosted by local companies, the days acted as a forum for expats to gain a variety of information on services to assist living in Portugal.

Those who attended were also invited to sample wines from Quinta das Bageiras and a range of British cheeses from importer Cheese & Pickle.

Event organiser Janet Tartaglia, of Lloyd & Whyte International Ltd, said "I am delighted with the response, not only from existing customers but from a lot of new faces as well. In the current economic climate, it is great to see local businesses uniting to provide an enhanced service to both their existing and new clients. Due to the success of the three days, we will now be organising this as an annual event. We hope to see you next year."



Bernardo Almeida from Quinta da Bageiras with David Salway and Wendy Ormsby from Cheese & Pickle and Philippa Rowat



Philippa Rowat and Manuela Robinson from Premier FX with guests Carlos Reis and Victor Lourenço at the Hilton in Vilamoura

Fund raising for Lesotho Children's Centre



The stilts that Adrian made for the children last spring



Keeping warm and drying the clothes

Last year I had a calling to go to South Africa to help out at the orphanage Jill Kinsey had set up in Lesotho. I have always seen publicity around for the need for clean water and thought I could help with setting up a well, or any plumbing out there.

Fortunately, Lesotho being a very mountainous country, has plenty of natural running water. I still wanted to help.

After a long tiring journey to South Africa, I eventually arrived at Moorosi, the nearest town to the Centre, and then an hour and a half trip along the dirt road and mountains of Lesotho, travelling along precarious tracks 20 metres above the ravines of the river, passing treacherous man made bridges, to arrive at Pulane Children's Centre.

I was very warmly greeted by about 30 screaming and excited children. We settled into our Roundhouse with a straw roof, and decided what there was needed to do to the centre. We needed to fit a ring beam around the top of Jill's new home, it was a house built in the 60's and needed a lot of attention as it had been abandoned and vandalised over the years.

We waited for the wood, cement and steel to arrive from 30 kilometers away and had to carry it all across a thin steel footbridge to the centre as the river was too strong to pass over in the "backie" a pick-up. It took us a few days to get the ring beam up (a steel ring around the room, bedded in concrete to hold the walls together) and in between waiting for that to set, we made up wooden trusses

for the roof, and fitted these to the house along with hardwood to all the ceilings, the centre's workers helping to put on the roof sheets. Whilst there, two of the workers were about to become fathers, they found out their wives had given birth by one having beaten gently with a stick to say he had a baby son, the other was doused in water to say he had a baby daughter, a tradition giving them the good news!

It was fun being with the children, as they have no access to toys apart from some marbles to play with in the soil, and a football made from a pair of tights wrapped around old clothes. Not having anything to hand apart from some wood, they thoroughly enjoyed the three pairs of stilts that I made and took to them very well.

I am planning to go back in April to help some more, and raised 700€ last Saturday by having a lunch for 10€ per person. This is enough for my flight, but desperately need funds to take with me to buy materials out there. Jill and the team are doing a great job for those orphans, but only have enough funds for the children and no extras for wood cement etc. So if you feel you could help, then donations can be made to: International Christian Fellowship's bank account: IBAN: PT50 0045 7201 4016 7746 3668 0 NIB: 0045 7201 40167746366 80 BIC/SWIFT CCCMPTPL or contact me, Adrian Dixon on 282 358273 or t.m. 965 275 774

Benefactors latest show

Bringing together a cast of five talented actors and four comic plays, a new production, 'Up, Down and Sideways' was staged at the Raj in Hotel Garbe last week.

Following a splendid three-course Indian meal served in the stylish restaurant, the performance was a great success showcasing the commitments of the 'Benefactors' theatre group. All proceeds from their productions are donated to local charities.

The show can be seen again this weekend on Friday 5th and Saturday 6th March at the Cine-Teatro Club in Silves.

Each of the one-act plays gives an insight into the partnership between a man and woman. Scripted by three different writers, two of them prize-winning Americans – Diana Amsterdam and Julius Tasca – and by British playwright and novelist, John Bowen.

The common theme – misunderstandings between members of the opposite sex – commences with 'Data Entry'. When the lights come up on stage Kevin (Thomas Hartmann) is semi-naked lying prostrate and happy on a bed. He waits expectantly for the arrival of his computer date, played by Diane Cantillon Ings.

The next drama, 'One naked woman and a fully clothed man' is set in the stalls of a cinema. We listen in on the thoughts of Janet (Barbara Mountford) as she sits

beside her husband, Robert (John Mountford) watching an erotic film.

The audience - watching the two actors, watching the film - is presented with a range of highly amusing facial expressions and eccentric body language.

The third play, 'Fantasy Bond' sees another couple Alice (Sandy Whittle) and Charles (Thomas Hartmann) in a Five Star hotel suite. Alice views their holiday as a second honeymoon but Charles is on the brink of announcing an affair.

Bringing the show to a conclusion, an older couple, Audrey (Diane Cantillon Ings) and Julian (John Mountford) appear in 'Silver Anniversary'. A dark comedy, it exposes the mutual destruction of a married couple.

All four plays are frequently racy and entirely engrossing. Well directed by John Mountford, the dialogue is convincingly delivered and highly entertaining.

Tickets for the production to be staged at Cine-Teatro Club in Silves are priced at 8 euros for members and 10 euros for the public. They are available by ringing: 282 330 242 or 962 991 036 or email cooloram@hotmail.com

Bar opens 7.30pm and show begins at 8pm Friday 5th and Saturday 6th March

Text: Carolyn Kain, Photo: Peter Kain



Thomas Hartmann as Charles and Sandy Whittle as Alice

More cash for Bombeiros

The 7th Quintessence Concert took place on Friday 19th February at Lagos Cultural Centre, before a very appreciative audience. The band with regular members Chris, Graham, Luis, Sandie, Ray and Ze, plus guests Chris, Paulo and Roger, presented a varied programme of standard jazz and Latin American songs and instrumentals, with the ever popular feature of past years of videos behind the band appropriate to the tunes.

During the interval a Raffle was held with over 20 prizes, and following the end of the show, the President of Lagos Bombeiros was presented by the organiser Graham Roberts, a cheque for 2,246 Euros. As in previous

years there were no expenses at all for this event. The President thanked the band, and all who had contributed to the show, and how grateful the Bombeiros were for the support of the public. This now brings the total amount raised over the past seven concerts to 17,250 Euros.

Quintessence thanked the Bombeiros, Lagos Camara, all those who had given prizes to the Raffle, the staff at the Cultural Centre, the publicity company, and the band's friends who operated the films.

Also to Sally, Sheila, and Sue for running the Raffle so successfully, and the audience for their continued support of the Concerts.



The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and should be under 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@the-news.net

Pat's mishap sets her free

SIR, I was sorry about the bad experience of your interesting columnist, Pat Westheimer, (Portugal News, Feb. 13th).

She was candid enough to 'go public' with the whole thing, and that in itself merits our respect and sympathy. Besides, her account of the mishap was instructive and made good reading. Her description of her new-found "freedom" can serve as an example for others.

BARRY GARDNER, Lisboa

Motorhome parking

SIR, What a pity the official of Tavira and Manta Rota areas are so petty and short-sighted. All the motorhomes have been moved on, some being fined €60, just for parking! The local businesses must suffer from the drop in trade, village shops will fail to open in the winter, affecting locals as well as the owner, traders that come to our sites will have to give up.

All we ask is an area within a couple of km of a town where we can go to the restaurants, supermarkets, launderettes and go sight seeing. Campsites are too few and far between, charging €11 + p. night just for a parking place. With so many suitable large areas of waste ground, why doesn't the local council designate one for motorhomes? Water and a place to empty the toilet would be excellent, and the council could even make a bit of

money by charging everyone a couple of euros per night or for water.

Have never parked on an 'aire' where people left litter or caused damage. We are not itinerants, this is our winter holiday away from ice and snow of northern Europe. Unfortunately you do not seem to want us to visit you unless we stop in a hotel, but as I cannot afford 3 months in a hotel or campsite, I will never be visiting your beautiful country again. Everyone ends up a loser.

MRS. VAL ROBERTSON, England

Criminal activity

SIR, On our recent holiday to Lagos I read with interest the letters that you received from people expressing concern over the criminal activity in the Algarve. Most of the comments appear to come from people who have moved to Portugal from other countries. Crime in itself should never be acceptable, but the reality is that crime does exist and will continue to be a problem. To blame the authorities, i.e. government or police is the typical response by people who have been victimized but in many cases it is the victims who are part of the problem.

Police offer all kinds of crime prevention educational programs to help keep us safe, but people still leave their vehicles running while they enter a building, or leave their homes unlocked or their windows open at night. It is not uncommon to see female

shoppers leave their purse in the car while they walk away to a counter. When the purse is stolen they blame crime levels and poor police, when in fact they should be blaming themselves. I have been coming to Portugal for over ten years and I will continue to spend my holidays there, it is a safe place to visit as long as you use common sense. I have been in policing and security for the past 47 years (just retired), there are simple safety rules that any police officer can tell you that will reduce your chances of being a victim.

JAMES CLARK, Deputy Chief of Police (retired), Toronto Police Service

Eat and be merry!

SIR, My oft expressed request for a simple pullout television section has been granted at last but to be honest it is not quite what I had in mind! I hope your readers will not lay the blame at my door or I may have to order a fresh batch of 'I hate Ron Lavery' badges.

While on the subject of entertainment, my wife and I, as enthusiastic supporters of efforts by others to provide us with activities, enjoyed yet another very rewarding theatrical evening held in the Garbe Hotel's Raj Restaurant. Happily relaxed in comfortable surroundings and pleasantly replete after the multi-course Indian meal that is included in the deal we were eager for the latest production of the theatre group BENE+ FACTORS. This time they offered four short plays, comedies but with some undertones that were well appreciated by the 'mature' audience.

The cast is professional and ingenuity is shown in the productions in a small space. John and Barbara Mountford were joined by Diane Cantillon Ings, Sandy Whittle and Thomas Hartman,

who will one day surely appear fully dressed. His range of pyjamas and underwear never fails to impress although more cerebral readers may remember him as the doctor in Death of a Maiden. As the group's name implies these people give their time and expertise for free and donate the takings to local charities. They will be playing again in the Silves Cine-Theatre Club on March 5th and 6th and I do hope that your readers take the opportunity of a good night out while helping local causes. A quick call to 282 330 242 or 962 991 036 will reserve a seat.

RONLAVERY, By e-mail

Thank you

SIR I wonder if you have space for a paragraph to say thank you to the seven members of the cast from the 'Little' Boliqueime Theatre Group and their stage director Derek Gradwell. The script was written by John Dale. The two nights of Pantomime raise €937.60 for our local Community Centre. Our grateful thanks to the audience for supporting our endeavours. Roll on the next production!

VICTORIA E. PADFIELD, Boliqueime

Thanks from the Lions of Loulé

SIR, Another successful Charity Sale was held on January 31, raising a total of €423.05. Thanks to all who attended, especially as the weather was not very good!

The dates of our sales for the remainder of the year have been arranged - they are: March 28, May 23, July 25, Sept. 26 and Nov. 21. The sales are advertised in the local English press 2-3 weeks beforehand, for further details ring 289416659. There is always a great selection of good quality clothes, linen, bric-a-brac, books and shoes on sale at

bargain prices. If you have any items you wish to donate for the sale we can collect them, ring 289845581. We particularly welcome small items of bric-a-brac and recent paperback fiction books.

The main benefactor of our fundraising this year is to assist with the major extension of the A.S.C.A. Day Centre at the Centro-Comunitario in Almacil

- the building works are progressing well.

If you would like to be involved in local charitable work and to enjoy some varied social events then contact 'Lion' Bruce Allen on 282444874. General meetings are held on the 3rd Tuesday of the month at Restaurant Kayan Almacil. You can always get details at the Sales.

BRUCE ALLEN, Silves

Portimão Rotary club joins fight to end polio

Founded in 1905 in Chicago, Rotary International is a non-profit making organization dedicated to voluntary service. Presently there are 33,790 Clubs made up of 1,234,527 Rotarians all over the world who, in the spirit of friendship and companionship amongst themselves, offer their time and knowledge by taking part in international community service in order to help create a fairer society and peace between nations.

The Rotarian Foundation of Rotary International attempts to minimize injustice and inequality a little all over the world promoting initiatives for better health, education, the fight against poverty, as well as world peace and understanding. It has already invested more than \$800 million and countless hours by volunteers in an attempt to eradicate poliomyelitis globally.

The challenge, put before them today, is to try to collect \$200 millions by 2012.

Since its foundation in 1962 the Rotary Club in Portimão has undertaken innumerable humanitarian actions in an attempt to minimize some of the needs of the community, such as the donation of various wheelchairs, donating Christmas hampers to the needy, various donations to the Bombeiros, Centro de Apoio a

Idosos and the Nossa Senhora da Conceição home.

Donations have also been made to the Ophthalmology Department in Portimão Hospital for an Echograph/Biometer, a nine-seater van to the CRACEP School, a machine for the early detection of breast cancer to the Centro Hospitalar do Barlavento Algarvio, and a bus to the Centro de Apoio a Idosos

If you are interested in or collaborating with Rotary contact The Rotary Club of Portimão (please do so by 10th March) or attend their upcoming informative dinner at Hotel Meridien Penina Golf on March 15th 2010.

For more information or reservations, contact: (+351) 282 353 861, 282 476 553, 282 495 223, e-mail: info@chateau-chance.com/ eurolinguas@sapo.pt, or see website: www.rotary.org.

Portuguese for Beginners

Emília Rosendo

163

THIS LESSON:
Communicative intentions.

The sentences which follow express/communicate different intentions, listed below. Match each sentence with the correct communicative intention.

- | | |
|--------------------------------------|------------------|
| a) descrever acontecimentos recentes | h) tomar partido |
| b) expressar uma obrigação | i) arrepender-se |
| c) expressar aborrecimento | j) aconselhar |
| d) expressar preferência | k) felicitar |
| e) pedir autorização | l) duvidar |
| f) mostrar espanto | m) elogiar |
| g) expressar pena | n) apelar |

- Amanhã à tarde tenho que pagar o meu seguro automóvel. É o último dia.
- Este quadro é o original ou é uma imitação perfeita?
- No teu lugar eu aceitava imediatamente o emprego.
- A fábrica da cidade fechou há cerca de dois ou três meses e os desempregados manifestaram-se em frente da Câmara Municipal.

5. Que chatice! Desde a primeira até à sétima página, o autor deste livro que eu estou a ler só descreve a rua onde cresceu.

6. Pai, posso sair amanhã à noite com os meus amigos?

7. Parabéns pela tua promoção.

8. Gosto imenso da sua caligrafia. É ordenada e muito elegante.

9. É urgente respeitarmos a natureza. Todos os países deviam tomar medidas sérias para proteger o ambiente.

10. Gosto muito mais de chá do que de café.

11. Apoio incondicionalmente a Ana. Acho que ela está coberta de razão.

12. Pobre cão! Passa os dias fechado em casa sem a companhia e o carinho dos donos.

13. Não devia ter comprado a saia verde mas sim as calças cinzentas.

14. Vocês ainda estão em casa a estas horas?! Não deviam já estar na escola?

Winner of €10,000 scratch card eats winning ticket

Low-cost airline Ryanair confirmed last week that the winner of a €10,000 Ryanair scratch card, on a February 25th FR1724 flight from Krakow to East Midlands, ate the €10,000 winning ticket after crew confirmed he had won the €10,000 prize.

When the delighted crew congratulated the winner and advised him how to claim his prize he apparently became upset that Ryanair's cabin crew could not pay him the €10,000 there and then on the flight, a statement on Ryanair's website said.

When the crew explained to him that these very large €10,000 prizes needed to be verified with, and collected directly from the scratch card company the prize winner became angry and decided to eat his win.

Since this €10,000 prize will now go unclaimed Ryanair and Brand Force, the scratch card company, have decided to offer the cash to charity and asked Ryanair passengers to vote on www.ryanair.com to which type of charity Ryanair should donate the €10,000 prize, from the following list: An anger management charity, an eating disorder charity, a gamblers charity, a disruptive children's charity, a mental health charity.

Ryanair's Stephen McNamara said, "In the last two years Ryanair's scratch cards have given away 10 cars, over €300,000 in cash prizes and over 100,000 flight vouchers. Passengers have always been delighted to claim their large cash prizes after returning home. Unfortunately our latest winner felt that we should have his €10,000 prize kicking around on the aircraft."

The winning charity will be revealed this Friday (March 5th).

South Africa unveils World Cup attractions to the Algarve

Last Thursday, the South African Embassy held a 100 percent South African event in which acting-Ambassador Angus September gave a brief presentation about the highly-anticipated 2010 FIFA World Cup, followed by a wine tasting of some uniquely-flavoured South African wines and a sample of typical delicacies such as biltong.

This was the first occasion that South Africa had showcased some of the attractions visitors to the country can expect during the World Cup which runs from June 11 to July 12.

Mr September, while describing some of the attractions and the state-of-the-art football stadiums, also took the opportunity

to stress that the South African Government has gone to unprecedented lengths to ensure the tournament is as trouble-free as possible.

The event was also attended by the Portuguese Women's football team, who were participating in the Algarve Cup, eventually won by the USA.

Couple allegedly evicted for being homosexual

A lesbian couple who had been living in Paredes de Coura for two years were served with an "unexpected" eviction notice that they believe was issued on the basis they are a homosexual couple and is therefore discriminatory.

"Portugal has even taken a huge step forward by legalizing homosexual unions, but the problem is that mentalities are not changing", Teresa Pires, one half of the couple, told Lusa news Agency.

Teresa and her partner Helena Paixão become well-known in Portugal by becoming the first lesbian couple to try to marry. At the time Portuguese did not allow same-sex unions.

"From then onwards society started to look at us differently and we haven't stopped having to move house and even move location", Teresa said.

They had been living in Paredes de Coura for two years, living in three different houses during that time.

In January this year the couple made an appearance on television during the debates in Parliament regarding homosexual marriage.

"Our landlady called us immediately and intimidated us into moving out before the end of that month. Is that anything but pre-conception or discrimination?" said Teresa Pires.

Despite having been able to stay in that particular house until today, the couple has already started packing their belongings and are intending to move to Portalegre, where they intend to stay "for who knows how long".

They recounted what one home owner advertising a rental property in Formizor, Paredes de Coura, in a newspaper told them.

"We were told something like 'my house is not for rent to lesbians'".

Teresa and Helena each have a daughter, aged 10 and 15 respectively, living with them in Paredes de Coura and who both went to school there.

During their first weeks at school "the girls heard very unpleasant things from their colleagues", the couple said, but guaranteed at present they were very happy at school.

"Now they will have to start over again", their mothers lamented.

They have even been denied jobs on the grounds of their homosexuality.

"We are known for being lesbians and the doors close. A cake shop in Paredes de Coura had a sign in the window saying they needed an employee. We went there twice but we were told that actually they didn't need anybody".

The women are currently living off social benefits, one receiving €180 a month, and the other €115.

Teresa quipped, "They must think that being a lesbian is the same as having a contagious disease. That must be it".

The couple, who has been living together for seven years, are now anxiously waiting for the President of the Republic to make the legalisation of same-sex marriage official so they can wed.



Acting South African Ambassador Angus September seen here speaking to reporters at an event last Thursday at Albufeira's Montechoro Hotel. (Photo: The Portugal News)

Number of Portugal's female politicians 'above average'

The number of women carrying out roles in the Portuguese Parliament is above the global average as well as being superior to the numbers from the majority of developed G8 countries, an international study has revealed.

The 'Women in Politics 2010' study, published by the Inter-parliamentary Union and Division for the Promotion of Women in the United Nations, showed that Portugal's Parliament was

made up of 27.4 percent women.

This is significantly higher than the 18.8 percent world average, surpassed only by Nordic countries, where women represent up to 42.1 percent of parliamentary politicians.

Regarding Ministries, Portugal has 31.3 percent of Ministers who are female, being ahead of countries such as Japan (where 11.8 percent of its Ministries are headed by a woman), Russia (16.7 percent), Italy (21.7 per-

cent), the UK (22.6 percent), France (26.3 percent) and Canada (29.7 percent); Portugal is however behind the USA and Germany, whose governments both have 33.3 percent of female Ministers.

Interestingly, regarding female Ministers, Portugal is on equal footing with Gambia, Greece and Guinea.

Countries with the largest female representation in politics this year include Ruanda, Swe-

den, South Africa, Cuba, Iceland, Holland, Finland, Norway, Mozambique and Angola.

Finland has the highest number of female ministers, followed by Cape Verde, Spain, Norway, Chile/Iceland, Sweden, Switzerland, Denmark, Liechtenstein, Austria/Nicaragua, and São Tomé and Príncipe.

Saudi Arabia is the only nation in the world to not have one single woman in Parliament or in the Government.

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European Parliament ready to act on reconstruction aid - MEP

A European Parliament delegation visited the flash flood-battered Portuguese resort island of Madeira on Wednesday, promising quick action on EU aid to help reconstruction.

Edite Estrela, a Portuguese Socialist MEP, said the EU legislature would likely approve reconstruction funds from the bloc's Solidarity Fund next

week and that guidelines for their use would be "more flexible".

The visiting delegation had been "very concerned" by the destruction caused by the deadly February 20 flash floods and massive mudslides and by the "extraordinary efforts" of Madeira's people in ongoing clean-up operations. *TPN/Lusa*

Setting up a Home Network - Continued

The next phase of setting up a home network is to set up all the other computers you want on your network. Last week we discussed setting up a Windows XP and Windows 98/98SE/Me PC. Now we will have a look at setting up a Windows Vista and Windows 2000 PC.



In Vista: Vista's network settings are somewhat different from Windows XP's network settings, which means you might not be able to see Windows XP computers on your network right away. Some related differences include the default workgroup name (it's MSHOME or WORKGROUP in Windows XP Home and Pro, respectively, but just WORKGROUP in Vista) and file sharing (Windows XP allows file sharing by default, but Vista doesn't and prompts users for passwords when they access the default share folder).

Another difference is that the default shared folder in Windows XP is Shared Documents and in Windows Vista it is called Public.

Next, you'll need to make sure that your Vista PC is configured for a private network (it probably is). To do this, visit the Network and Sharing Center (Start, Control Panel, Network and Internet, and then click Network and Sharing Center) and make sure Private Network appears next to the Network title. If it does, you're all set. If it doesn't, click Customize, name your net-

work, click the Private radio button, and then click next. Finally, click Close.

Now that your network is a private network, return to the Network and Sharing Center and then configure the Sharing and Discovery settings so all PC's can share files. To do this, click the arrow next to file sharing and then click the Turn On File Sharing radio button. Click Apply. Repeat this process for both Public Folder Sharing and Printer Sharing.

In some cases, you may still not be able to see Windows XP computers that are on your network. Microsoft is aware of this issue and has released a Windows update (for your Windows XP PC) that solves the problem. The LLTD (Link-Layer Topology Discovery) update is available at Microsoft's support site (support.microsoft.com). Visit the site and search for KB922120.

Once you've downloaded the update and installed it on your Windows XP computer, you can check to make sure that it has properly installed by opening the Control Panel on your Windows XP PC and then clicking Network Connections. Right-

click Local Area Network Connection, select Properties, and then make sure that the box next to Link-Layer Topology Discovery Responder is checked.

Finally, return to your Vista PC and enter the Network and Sharing Center. Click View Full Map in the upper right corner of the Window. At this point, you should see your connected Windows XP computers.

In Windows 2000: Setting up a Windows 2000 connection begins with establishing an Internet connection. Open the Start menu, select Settings, and click Network and Dial-up Connections. In the Network and Dial-up Connections window, double-click Make New Connection.

When the Network Connection Wizard appears, click the Next button. You will then need to select a network connection type from the list. The reference to Dial-up Networks applies to high-speed connections such as cable and DSL, as well. In keeping with the settings we selected for the other computers in this network, select Dial-up to the Internet and click Next.

The wizard then asks for information regarding your Internet account. Because you will be using the shared Internet account, select the last option, I want to set up my Internet connection manually, or I want to connect through a local area network (LAN). Then click Next. In the next dialog box, select the Connect through a local area network (LAN) radio button and click Next. You will then de-select the automatic discovery of Proxy Server checkbox in the next window and click Next. Because you probably already have an email account, select the No option in the Set up a New E-mail Account field. Finally, click the Finish button.

When you return to the Network and Dial-up Connections dialog box, you will see a new network connection icon.

Now, right-click the new connection and click Properties. The Network Properties dialog box will appear and you can see a list of available services (such as NETBEUI, Internet Protocol [TCP/IP], Client for Microsoft Networks, File and Printer Sharing For Microsoft Windows) under the General tab.

Open the Properties dialog box for your connection and ensure that each component is selected. (There should be a check mark next to each one.) We will begin with the Internet Protocol component. Highlight this component in the list and click the Prop-



erties button. The obtain an IP address automatically and the obtain DNS Server address automatically radio buttons should be selected. If they are not, you will need to select them and then click on OK.

Back on the Windows Desktop, right-click the My Computer icon and select Properties. Select the Network Identification tab and click the Properties button. In the Identification Changes dialog box, you want to type in a name for your computer. Next, click the Workgroup button and type in the same workgroup name you used with the other computers you are setting up on this network. Click OK and Windows will prompt you to restart your computer.

This computer will now be part of the network once it reboots. Repeat this setup procedure for any other Windows 2000 computers you want to add to the network.

Share Resources

When it comes to sharing resources among computers on a network, the process is similar for all versions of Windows. You can use Windows Explorer to select the folder you want to share. Right-click the folder and select Sharing and Security from the pop-up menu. Select Share This Folder and give the resource a name that is easy for you to remember. Next, click Permissions, and put a check in the Allow or Deny checkbox for the Full Control, Change, or Read options. Follow this procedure for each folder you want to share from a computer.

The process for sharing printers is similar to sharing folders. Using the computer that is attached to the printer you want to share, open the Start menu, select settings, and click Printers. Right-click the printer you want to share

and select Sharing. Select Shared As in the dialog box, assign a name to the printer, and click OK.

Repeat this process from each computer that has a folder or printer you want to share with other computers on your network.

See What Is Available

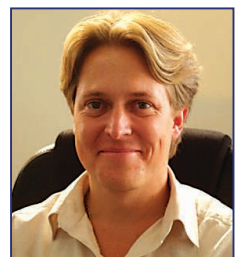
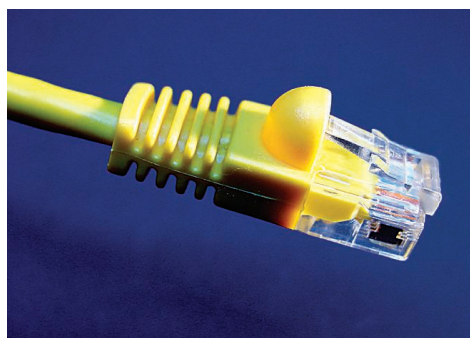
When you finish configuring each computer in your network, check the cables on each computer again to be sure they are secure, and check each computer to be sure you can identify the other computers on your network.

From your Windows XP computers, you'll want to open the Start menu; click Start and then My Network Places. In the next window that appears, you should see the names of the other computers on your network. If you don't see all of them, go to the Network Tasks list on the left of your screen and click View Workgroup Computers.

From your Windows 98/98SE/Me/2000 computers, double-click My Network Places on your Desktop. Double-click Computers near Me, and you will see all the computers that are attached to this workgroup. Double-click on any computer icon and you will see a list of resources that have been shared on that computer.

Now You Are Connected

Now that your computers are connected to your network, you can move and copy files from one computer to another, print on your shared printers, and access the Internet from all the attached PC's. To protect your network from intrusions, be sure you have good antivirus software, such as Kaspersky or Norton Antivirus, installed on each of your networked computers.



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Seat launches sporty hatchback

Ibiza FR is a quick, sporting car for regular people. With its sensible running costs, good looks and accessible performance, the car offers one of the most rounded warm hatch experiences on the market.

There has never been any shortage of warm - read moderately powerful - sporty hatchbacks, but stacked up against fire-breathing, be-spoiled monsters they always come second in popularity contests.

With money at a premium for an increasing number of buyers, it's funny how second best has become first choice, though. And car makers have been quick, if you will excuse the pun, to capitalise on this. Spanish car maker Seat is just the latest to offer compact hatchbacks in both warm and hot varieties. Its popular Ibiza is a perfect example, with FR being warm and Cupra the hot option.

Petrol has long been the fuel of choice for such cars, but increasingly diesel has featured more prominently. Cost is one reason as, if you rack up the miles, fuel economy can be better when running on the black stuff.

Increasingly though, it's the diesel engine's fundamental characteristics that have provided a strong case for switching. With more low down pulling power than your average petrol motor - even Seat's own similar capacity offerings - this Ibiza's 2.0-litre lump promises to make light work of both the urban crawl and challenging twisty backroads.

And in practice that's exactly what happens: Seat's 2.0-litre common rail motor boasts a healthy 141bhp and a generous 320 Nm of torque. Now, in anyone's language that's a lot of torque, which makes the need to constantly stir the car's slick

six-speed gearbox less of an issue than if this were a petrol Ibiza.

When driven in a relaxed manner, the Ibiza FR is happy to ride the engine's wave of torque. It makes for a surprisingly refined cruising experience and ensures that motorway journeys are dispatched with ease. And for what is a firmly sprung small car that's quite a feat, as usually such sporty hatches are the least suited of all cars for such activities.

There is another side to the Ibiza FR which is much more in keeping with its lowered and bodykitted stance, however. While the on-paper acceleration figure of 8.2 seconds for the sprint to 100 km/h doesn't sound that impressive, once this Ibiza is on the move it will rocket along at speeds that belie both its badge and modestly appointed cabin.

In the real world, as opposed to the airbrushed environment of glossy car magazines and flash telly programmes, the Ibiza scores highly because it's so user friendly. You don't have to be a Driving God to extract the maximum from it, and if you find wringing the last tenth from a high-revving petrol GTI a chore you'll love this Ibiza FR for its deep reserves of torque and sensibly spaced gear ratios.

The truth is, this Ibiza FR is a quick, sporting car for regular people. For one thing, if you pay for your own fuel and running costs, you'll like the car's 6.4l/100km and 119g/km



CO2 rating.

For the money it's also well equipped with a decent audio unit, all the safety kit you'll need plus a good driving position and supportive seats. It also looks convincing as a performance hatch. Seat's designers have resisted the urge to make the Ibiza look like a project car from some wild, underground street racing community. In three-door SC guise the Ibiza FR looks, well, just right.

Just for good measure, and adding weight to its sensible side, the

FR can also be had in five-door form - a first for any Ibiza FR variant past or present.

With its sensible running costs, good looks and accessible performance, Seat's diesel-powered Ibiza FR offers one of the most rounded warm hatches experiences on the market. You can opt for a petrol model, but when performance of this magnitude is so easily accessible, once you've gone derv you'll never go back.

Prices in Portugal start from €24,640.00. (Source: TPN/PA)

Model: Seat Ibiza SC FR 2.0 CR

Engine: 2.0 litre turbo diesel developing 141 hp

Transmission: 6-speed manual transmission as standard, driving the front wheels.

Performance: Maximum speed 210 km/h, 0-100kmh 8.2 seconds.

CO2 emissions: 119 g/km.

Economy: 4.6l/100km.



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"Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

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New Volkswagen Sharan to be built in Portugal

The Autoeuropa factory in Palmela will be the exclusive manufacturer of the new Volkswagen Sharan, according to a source from Autoeuropa, as well as the Seat Alhambra model.

The news was formally announced on Monday, on the eve of the inauguration of the Geneva Motorshow, where the new generation Sharan was presented to the world.

The factory will be receiving its new tools for the production line in April, according to Carmo Jardim, Public Relations of Autoeuropa.

This is a breath of fresh air for the Autoeuropa factory, as the production of a new model will keep employees jobs, as well as create more. In 2010 the Palmela factory is estimated to build 93,000 vehicles (8,000 more than in 2009). It will be producing the Sharan, Alhambra, Eos and Scirocco.

Herdade dos Grous - The Alentejo's



The Wine Cellar

Managed by the exclusive Vila Vita group, Herdade dos Grous retains its authentic rural feel by specialising in quality instead of quantity.

Yet pretentious it is not.

The retreat offers a down-to-earth getaway swathed in luxury.

Herdade dos Grous comprises just 24 rooms, all of which are spacious and beautifully decorated with traditional Alentejo-style

finishings.

All rooms have their own log fires and offer stunning views over fields, vineyards and lake, yet, despite its limited capacity, the Herdade boasts no shortage of guests.

As well as being sought after all year round by 'those in the know' (word of mouth alone has placed it amongst the most popular retreats in the region), the expansive land is also inhabited by sheep, pigs,

cows, horses, goats, birds, and the resident Labrador.

But it is far from being a glamourised farm; Herdade dos Grous (named after the Cranes that originally inhabited the land) was once a holiday retreat for Portugal's nobility. Original buildings including a chapel and an imposing farmhouse that dates back centuries have been lovingly restored and converted into comfortable accommodation.

Nowadays Herdade dos Grous cultivates all of the meat and other produce used in Vila Vita's Michelin-star winning menu as well as producing the acclaimed house wine.

It also produces a selection of self-named wines that have achieved international status, olive oil, and uses home-grown ingredients in all of its dishes.

The Herdade dos Grous wine is faring remarkably well on the national and interna-

It promotes itself as being somewhere "Between Heaven and Earth" and after paying a visit to the Herdade dos Grous, it is easy to understand why. Located 15 minutes from Beja and consisting of 700 acres of pure Alentejo land, the vineyard/farm/boutique hotel is a wonderful rural retreat that provides a peaceful place to escape to when one's batteries are in need of re-charging, complemented by outstanding home-grown cuisine and excellent indigenous wine.



A little chapel overlooks the stunning lake (below).

tional markets; it is currently being sold in 42 countries despite the vineyards only having been planted in 2004.

The wine's young existence belies the sophistication of its

mature flavours; a 'Moon Harvest' variety, which is indeed harvested under the moonlight, offers a twist of magic to the range.

Several types of Portuguese



The main reception and restaurant, beneath which is the wine cellar.



A spread of regional foods; tomato soup with a poached egg, roast mushrooms with quail eggs, and dried bread with warm olive oil and rock salt.

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best-kept secret

grape are used to create the wine, which is harvested, produced, stored and bottled at the Herdade, using state-of-the-art technology.

But to experience one of

Herdade's most magical events one must see its stunning 92-hectare lake reflecting sun or moonshine.

In the warmer months pedalos and canoes are set out for



One of the accommodation areas, in an historical converted farmhouse that was once frequented by Portugal's royalty.

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For the best prices and the best advice, call Melair on (+351) 210 329 416 (in English) and please mention that you are a Portugal News reader to benefit from very special arrangements.



One of the beautiful double rooms, with a real log fire.

guests to explore the lake. All year round guided tours are organised to the winery and vineyards, and the restaurant is open every day for breakfast (included in room rates), lunch and dinner.

Visitors are more than welcome to enjoy a day-trip to Herdade dos Grous and embark on an educational guided tour around the various facilities, in-

dulge in wine-tasting as well as trying typical Alentejo food.

Rooms start from €125 (per room, per night, including breakfast), though availability is currently restricted.

For more information, call: (+351) 284 960 000, email: herdadedosgrous@vilavitaparc.com, or see their website: www.herdadedosgrous.com. Carrie-Marie Bratley.



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 Folk, rhythm & blues

Sábado 13 Março às 20h30

Zé Manel Martins
www.myspace.com/zemanelmartins

Domingo 14 Março às 15h00

Marenostrom
www.myspace.com/marenostromportugal

SILVES - CAFÉ INGLÊS - Friday, 12th March from 20h30 - MOSTLY HARMLESS, Folk, rhythm & blues - Saturday, 13th March from 20h30 - ZÉ MANEL MARTINS, Afro latin guitar & vocal, www.myspace.com/zemanelmartins - Sunday, 14th March from 15h00 - MARENOSTROM, Portuguese rhythms / folk, www.myspace.com/marenostromportugal - Reservations - Café Inglês, Silves 282 442585 - All events are free of charge



LAGOS - Something for everyone - March 12th Disco and Karaoke at the Restaurant Mirage, Praia da Luz - March 18th Spices of India Curry Night at Restaurant Pashmina, Lagos - March 24th Bangers and Mash Quiz at the Burgau Hotel - For more information on above events please contact: Annette on 282 762 620 or Joan on 967 732 508 or visit the Charity Shop in **Praia da Luz - Also in March: Tina Turner Night(s) March 26th and 27th** for more information please contact the Burgau Hotel - **Sky Dive by Karolina on March 26th** around 10h from Alvor Flying Club. Monies raised by Karolina, through sponsorship, will be donated to Madrugada - To sponsor Karolina please e-mail her on caroline.world@gmail.com - Happy Landing Karolina - Madrugada, supporting people affected by life limiting illness (Associação ajudamos pessoas afectadas por doenças limitativas).



ALMANCIL - The Centro Cultural São Lourenço has the pleasure to present the Exhibition **KARSTEN FUGE** 'Objects, watercolours and oil paintings' - The exhibition opens April 3 at 19h00 and runs through May 13 - Karsten Fuge is not an ordinary artist. Far from fads and avant-garde trends he pursues with tenacity, if not to say obstinacy, his chosen way. At a time where art revolves around superlatives and gigantism, he continues in his dedication to the art of miniature, all the while reaching out for absolute, extreme perfection. In Karsten's work malice is always present. This becomes, for example, apparent in the choice of his titles whose sense is often lost in translation due to a piquant play on words. For more information please call Centro Cultural São Lourenço on Tel: 2859 395 475 / Fax: 289 393 281 / ccsl@iol.pt / www.centroculturalsaolourenco.com

ALCANTARILHA

MARCH 6



Charity Quiz Night in aid of Goldra Animal Sanctuary - 20h00 - Strictly Social Dance Studios - €10 per person, including buffet supper - All proceeds to Goldra to support the animals - Teams of 4 to 6 or call to join a "Nomads" team if you don't have one! - We hope to make this a monthly league if there is enough interest in the idea - Maximum of 10 teams so please call to book places early, we have space for only three more teams! - Please call Christopher on 917 764 885 or 282 449 584

ALMANCIL

UNTIL APRIL 1

Collective Exhibition by acclaimed artists at Art Gallery São Lourenço - Centro Cultural São Lourenço - Open: 10h00 to 19h00 - 289 395 475 - e-mail: ccsl@iol.pt - www.centroculturalsaolourenco.com

LAGOA

MARCH 6



Flute and Voice Concert - 21h30 - **Convento de São José** - At this concert the flute

orchestra Ensemble de Flautas de Loulé and choir Ideias do Levante will perform pieces of various periods of the music history, providing the public an enjoyable musical journey - Free entrance - The S. José Convent is situated on Rua Joaquim Eugénio Júdice - Tel: 282 380 434 / Fax: 282 342 983 - www.conventosajose.net

LAGOS

DAILY

Visit the new Charity Shop in Amádena - Charity Shop in what was the old supermarket on the square past 'Brody' and 'O Poço' restaurants - LAPS - Lagos Animal Protection Society - 282 687 334

EVERY MONDAY



New Orleans Jazz free concert at Tivoli Hotel - 20h30 - Details: 935 086 365

LOULÉ

EVERY SATURDAY

Market Fairs on Rua Nossa Senhora da Piedade

MONCHIQUE

UNTIL MARCH 11

Exhibition of Xico Fran and Cony Welcker at the Galeria Santo António - The opening hours of the gallery are Tuesday from 12h00 till 19h00 and Wednesday till Friday from 12h00 till 16h00 - Find a map at www.artelagrarve.net

www.theportugallnews.com

SOUTH

PADERNE

DAILY

Art Exhibition at Galeria Corte Real - Signposted from Ferreira, Boliqueime & Pademe - 918 980 199 / 912 737 762

PORTIMÃO

EVERY THURSDAY



New Orleans Jazz at Casa Inglesa - 20h30 - Reservations: 934 954 348

SILVES

MARCH 5 & 6

Theatre Nights with Benef' Actors at The Silves Cine Theatre Club (Silves Cinema) - Four hilarious short comedies - Starts at 20h00 - Entrance €8 for members and €10 for non-members - Contact David 282 330 242 or 968 335 856

DAILY



Basic Ballroom and Latin dance classes for beginners by qualified teacher - (Starting again on February 27) -

Between 15h00 and 17h00 at the old Cine Theatre - By qualified teacher - Price: €5 - 282 084 438

TAVIRA

MARCH 13 TO APRIL 2



Regional Gastronomy Festival - Food lovers can taste typical meals enjoying the beauty of the mountain landscape as background, while participating in a contest to win a weekend as a prize on the following hotels: Herdade da Corte, Mesa do Cume, Monte Velho, O Constantino and Quinta do Marco that are part of the Gastronomy Festival - www.cm-tavira.pt

VILA DO BISPO

MARCH 6



Classic Guitar Recital at the Ermida de Nossa Senhora de Guadalupe, Raposeira, with the participation of students of Lagos Music Academy conducted by Paulo Galvão - 16h30 - With the support of Lagos Music Academy and Vila do Bispo City Hall sponsors the concert - www.cm-viladobispo.pt

NORTH

PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: €2; Free for children under 12 - 220 120 214 - Avenida da Boavista, 604-610 - www.casadamusica.com

DAILY

Serralves Foundation: Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - Visits to the park; Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Location: Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

GUIMARÃES

MARCH 13 & 14



Pigmaleão by Pedro Mexia - Small auditorium of Centro Cultural Vila Flor - 22h00 - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

MARCH 18



Beach House - Grand auditorium of Centro Cultural Vila Flor - 22h00 - Av. D. Afonso Henriques, 701 - 253 424 700 - www.ccvf.pt

www.theportugallnews.com

CENTRE

MARCH 8

Polish Orchestra conducted by Tadeusz Wojciechowski Celebrate Chopin - Radoslaw Sobczak (piano) - 21h00 - Grand Auditorium of CCB-Belém Cultural Centre - Praça do Império - 213 612 400

MARCH 14

Concert Chopin and Schumann 'Romantic piano' by Irina Brazhnik (piano) - 11h30 - Almada Negeiros Room of CCB-Belém Cultural Centre - Tickets: €5 - Praça do Império - 213 612 400

APRIL 4

Dances and Masks '20 fingers 2 pianos with João Vasco and Eduardo Jordão' and 'Ensemble de Câmara with Miguel Henriques and Paulo Pacheco' - 11h30 - Small Auditorium of Belém Cultural Centre - Tickets: €5 - Praça do Império - 213 612 400

UNTIL MAY 2

Painting Exhibition 'Still-Life in Europe, First part, The 17th and 18th Centuries' - Calouste Gulbenkian Museum - 217 823 800 - www.museu.gulbenkian.pt

Lisbon Concerts

(Tickets: See details bottom page)

March 14 - Spandau Ballet - Atlantic Pavilion 'Sala Atlântico' - 21h00 - **March 22 & 23 - Star Wars in Concert** - Sala Atlântico of Atlantic Pavilion - 21h00 - April 6 to 17 -

Mitch Sebastian's 'The Opera Show' - Oceanos Auditorium of

Casino Lisboa - April 7 - **Tokio Hotel** - Welcome to

Humanoid City Tour - Atlantic Pavilion's Sala Atlântico - 19h30 - May 30 -

Black Eyed Peas in concert with Cheryl Cole opening the concert - Estádio Nacional (National Stadium)

Star Wars in Concert - The Royal Philharmonic Concert Orchestra

APRESENTADO POR ANTHONY DANIELS

Pavilhão Atlântico

Star Wars in Concert - The Royal Philharmonic Concert Orchestra

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Star Wars in Concert - The Royal Philharmonic Concert Orchestra

APRESENTADO POR ANTHONY DANIELS

Pavilhão Atlântico

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.

Websites: www.pavilhaoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000

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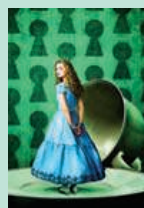
4 MAR-10 MAR



- 1 Valentine's Day**
Anne Hathaway, Ashton Kutcher
13.25-16.05-21.10 (23.50 Fri & Sat)
- Up In The Air**
George Clooney, Vera Farmiga
18.45
- 2 Cloudy with a Chance of Meatballs**
Animation PV
(11.10-15.40 Sat & Sun) 13.35-18.55
- Avatar**
Sam Worthington, Zoe Saldana
15.40-17.45-21.00 (00.10 Fri & Sat)
- 3 It's Complicated**
Meryl Streep, Steve Martin
14.10-16.45-19.20-22.00 (00.30 Fri & Sat)
- 4 Shutter Island**
Leonardo DiCaprio, Mark Ruffalo
(12.35 Sat & Sun) 15.30-18.25-21.20 (00.25 Fri & Sat)
- 5 Alice in Wonderland**
Johnny Depp, Mia Wasikowska
(11.45 Sat & Sun) 14.10-16.35-19.00-21.30 (00.20 Fri & Sat)
- 6 The Wolfman**
Benicio Del Toro, Anthony Hopkins
13.50-16.10-19.30-21.50 (00.15 Fri & Sat)
- Alvin & the Chipmunks 2**
Jason Lee, Zachary Levi
(10.30 Sat & Sun)
- 7 The Spy Next Door**
Jackie Chan, George Lopez
15.00-17.15-19.25-21.40 (00.00 Fri & Sat)
- Planet 51 - Animation PV**
(10.50-12.55 Sat & Sun)
- 8 The Princess and the Frog**
Animation PV
(10.35-12.50 Sat & Sun) 15.05-17.20
- The Men Who Stare at Goats**
George Clooney, Ewan McGregor
19.35 (00.05 Fri & Sat)
- Whatever Works**
Larry David, Evan Rachel Wood
21.45
- 9 Percy Jackson & The Olympians**
Logan Lerman, Uma Thurman
(10.20 Sat & Sun) 13.05-18.30
- Invictus**
Morgan Freeman, Matt Damon
15.40-21.05 (23.55 Fri & Sat)
- CASTELLO LOPES CINEMAS ALGARVESHOPPING**
TEL: 707 220 220
4 MAR-10 MAR
- 1 The Princess and the Frog**
Animation PV
12.55-15.00-17.05-19.10
- Precious**
Gabourey Sidibe, Mo'Nique
21.25 (23.45 Fri & Sat)
- 2 Alice in Wonderland**
Johnny Depp, Mia Wasikowska PV
13.30
- Alice in Wonderland**
Johnny Depp, Mia Wasikowska
16.20-18.50-21.30 (00.00 Fri & Sat)
- 3 Percy Jackson & The Olympians**
Logan Lerman, Uma Thurman
12.50-15.30-18.10-21.05 (23.35 Fri & Sat)
- 4 The Spy Next Door**
Jackie Chan, George Lopez
13.00-15.05-17.10-19.15-21.35 (23.40 Fri & Sat)
- 5 Valentine's Day**
Anne Hathaway, Ashton Kutcher
13.15-15.55-18.35
- Invictus**
Morgan Freeman, Matt Damon
21.10 (23.50 Fri & Sat)
- 6 The Wolfman**
Benicio Del Toro, Anthony Hopkins
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- 7 Shutter Island**
Leonardo DiCaprio, Mark Ruffalo
12.45-15.35-18.25-21.15 (0.10 Fri & Sat)

- 8 It's Complicated**
Meryl Streep, Steve Martin
13.10-15.50-18.30-21.40 (00.20 Fri & Sat)
- 9 Avatar**
Sam Worthington, Zoe Saldana
13.05-16.30-21.00 (00.15 Fri & Sat)
- CASTELLO LOPES CINEMAS PORTIMÃO**
TEL: 707 220 220
4 MAR-10 MAR
- 1 Alice in Wonderland**
Johnny Depp, Mia Wasikowska
13.40-16.10-18.50-21.40 (00.20 Fri & Sat)
- 2 The Princess and the Frog**
Animation PV
13.10-15.10-17.15-19.20
- Invictus**
Morgan Freeman, Matt Damon
21.20 (00.00 Fri & Sat)
- 3 Cloudy with a Chance of Meatballs**
Animation PV
13.20-15.20 Sat & Sun
- The Men Who Stare at Goats**
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- 6 It's Complicated**
Meryl Streep, Steve Martin
13.30-16.00-18.40-21.30 (00.10 Fri & Sat)
- OV = Original Version**
PV = Portuguese Version
- Castello Lopes Cinemas**
Tel: 707 220 220
www.castellolopescinemas.com
- UCI Cinemas**
Tel: 707 23 22 21
www.uciportugal.pt
- Zon Lusomundo Cinemas**
Tel: 707 24 63 62
www.zonlusomundo.pt
- Film Classification**
- Alice in Wonderland - M/6
It's Complicated - M/12
Shutter Island - M/12
The Spy Next Door - M/12
The Messenger - M/12
The Wolfman - M/12
An Education - M/12
Precious - M/12
Cloudy with a Chance of Meatballs - M/4
Valentine's Day - M/12
Percy Jackson & The Olympians - M/12
The Princess and the Frog - M/6
- M/4 - Four years and over
M/6 - Six years and over
M/12 - 12 years and over
M/16 - 16 years and over
M/18 - 18 years and over

Title: Alice in Wonderland
Genre: Adventure | Family | Fantasy
Stars: Johnny Depp, Mia Wasikowska, Helena Bonham Carter, Anne Hathaway
Director: Tim Burton
Synopsis: From visionary director Tim Burton comes an epic fantasy adventure, a magical and imaginative twist on one of the most beloved stories of all time. Johnny Depp stars as the Mad Hatter and Mia Wasikowska as 19-year-old Alice, who returns to the whimsical world she first encountered as a young girl, reuniting with her childhood friends: the White Rabbit, Tweedledee and Tweedledum, the Dormouse, the Caterpillar, the Cheshire Cat, and of



THE WHITE QUEEN



course, the Mad Hatter. Alice embarks on a fantastical journey to find her true destiny and end the Red Queen's reign of terror.



Title: It's Complicated
Genre: Comedy | Romance
Stars: Meryl Streep, Steve Martin, Alec Baldwin
Synopsis: Jane is the mother of three grown kids and has - after a decade of divorce - an amicable relationship with her ex-husband, Jake. But an innocent meal together turns into the unimaginable - an affair. Caught in the middle of their renewed romance is Adam, Jane's new love interest. Should Jane and Jake move on with their lives, or is love truly lovelier the second time around? It's...complicated.

PICK OF THE DAY
Saturday 06/03
Bruce on Vegas (BBC Two, 6pm)

It might be known as the 'Sin City', but the prim and proper BBC are devoting the best part of an entire evening to celebrate the wonder that is Las Vegas - and we're all invited to join in the fun.

We start with Bruce on Vegas, in which national treasure Bruce Forsyth heads to the bright lights of the big city as he searches for the spirit of such icons as Elvis Presley, Liberace and the members of the Rat Pack, and chats to veteran stars Barry Manilow and Paul Anka.


Sunday 07/03
Wonders of the Solar System (BBC Two, 9pm)

Dr. Brian Cox is here with a new series and a message - space exploration really isn't rocket science.

He believes many people are put off the idea of studying the cosmos because they fear they won't be able to get their head round the rudiments of astrophysics, but he hopes Wonders of the Solar System will show them that space is fascinating, accessible, and has had more of an impact on the world around us than we may think.

That may sound like a tall order for a TV series, but the expert has no doubt it can be done. The Oldham-born presenter (and former member of D:Ream) admits he got his taste for all things astronomical after watching the moon landing and Carl Sagan's ground-breaking series Cosmos: A Personal Voyage.

Monday 08/03
A Band for Britain (BBC Two, 9pm)

Thirty years ago, there were more than 35,000 registered brass bands playing in all four corners of Great Britain. Today, unfortunately, only 700 remain.

This alarming decline of the once-proud brass band shows no sign of abating, but help comes in the shape of Sue Perkins, who hopes she can save The Dinnington Colliery Band before they go the same way as many of their contemporaries.


Tuesday 09/03
Famous, Rich and Jobless (BBC One, 9pm)

Ex-EastEnders actor Larry Lamb, gardener Diarmuid Gavin, interior designer Meg Mathews and model-turned-mechanic Emma Parker Bowles are taking part in this two-part documentary in which they'll have all their mod cons, luxuries and even clothes stripped from them, to be replaced by modest outfits and less than £10 a day to live on.

The quartet are sent to different unemployment blackspots throughout the country: Larry goes to Hartlepool, Diarmuid to Hackney in north London, Meg spends her time in South Wales's Ebbw Valley, and Emma tries to find work in Wolverhampton.

Wednesday 10/03
Rhod Gilbert's Work Experience (BBC Two, 10pm)

What's the scariest job in the world? Bomb disposal expert, lion tamer, astronaut - or comedian? Apparently it seems quite a lot of people would go for the latter option, which came as a surprise to stand-up Rhod Gilbert. Now, after years of hearing people tell him that they couldn't do his job, he's on a mission to find out how the other half graft in the new series Rhod Gilbert's Work Experience.

Maybe it's the thought of getting up on a stage and trying to entertain a crowd of drunken strangers, or shouting to be heard over some cutting wits on a panel show that brings the average non-comic out in a cold sweat, but Rhod believes we shouldn't get carried away in our admiration for the nation's jokers.

He's out to prove why in this new series, which sees him tackling some vital but rather unglamorous jobs.


Thursday 11/03
The One Show (BBC One, 7pm)

Adrian Chiles and Christine Bleakley host a series of consumer issues, regional reports and welcome star names to plug their latest project.

It kicked off in 2006 for a four-week trial run hosted by Nadia Sawalha and Chiles, and soon became a household favourite; there have been more than 600 episodes since then.

Over the years the show has featured reports by Angellica Bell, Gyles Brandreth, original co-presenter Myleene Klass, Lucy Siegle, Dominic Littlewood and Anita Rani.

The series has also attracted a wealth of big names, including Roger Moore (a fan of Christine's apparently), Kate Winslet, Mr T, Ben Kingsley, and Prime Minister Gordon Brown.

Friday 12/03
Eurovision: Your Country Needs You (BBC One, 8.30pm)

A contest to see who will represent Blighty at this year's Eurovision Song Contest.

Graham Norton welcomes the wannabe entrants who hope to make beautiful music in Oslo with a track penned by Pete Waterman.

Considering the hit-and-miss performances of recent years, it'll take a miracle for a British act to clinch victory in a few weeks' time.

After all, tactical voting has been the name of the game for years now, with countries usually voting for their neighbours, regardless of a track or artist's quality.

Since 1956 the show has made for compelling viewing, even if the format can be cheesier than Wallace and Gromit's pantry.

Britain entered Eurovision's musical arena in 1957, and in that time we've won a mere five times, coming rock bottom in 2003 and 2008.


Saturday 06/03
A Man for All Seasons (Five, 12.50pm)

When his latest marriage goes sour, Henry VIII attempts to divorce Catherine of Aragon - with dramatic results. This leads to a clash with Sir Thomas More, and the Roman Catholic Church. Starring: Paul Scofield, Robert Shaw, Wendy Hiller, Leo McKern, Susannah York, Nigel Davenport, John Hurt, Orson Welles

Star Rating: **** (1966)

The Age of Innocence (Five, 3.10pm)

Set in 19th-century New York, this adaptation of the Edith Wharton best-seller centres on lawyer Newland Archer and his tangled love life.

Starring: Daniel Day-Lewis, Winona Ryder, Michelle Pfeiffer, Miriam Margolyes

Star Rating: **** (1993)

Braveheart (Channel 4, 9pm)

Mel Gibson directs and stars in this multi-Oscar-winning epic which charts the life of legendary Scottish hero William Wallace and his efforts to defeat Edward I.

Starring: Mel Gibson, Sophie Marceau, Patrick McGeehan, Catherine McCormack, Brendan Gleeson

Star Rating: **** (1995)

Sunday 07/03
From Here to Eternity (Five, 3.05pm)

This Oscar-winning epic drama is set on an American army base in Hawaii in the months before the bombing of Pearl Harbour in 1941.

Starring: Burt Lancaster, Deborah Kerr, Montgomery Clift, Frank Sinatra, Ernest Borgnine, Donna Reed

Star Rating: **** (1953)

Stardust (Channel 4, 8pm)

Hapless shop assistant Tristan resolves to bring back a fallen star for the girl of his dreams (who agrees to marry him if he completes the task). His journey leads him into a magical, parallel world, where Tristan captures a beautiful woman and embarks on the journey to his own land.

Starring: Charlie Cox, Claire Danes, Michelle Pfeiffer, Robert De Niro, Mark Strong, Sienna Miller, Peter O'Toole, Ian McKellen, Ricky Gervais

Star Rating: **** (2007)

In the Loop (BBC Two, 10pm)

A biting indictment of political blather and bluster. Communications chief Malcolm Tucker is hurriedly called into action to minimise the damage created by Simon Foster, the British Secretary of State for International Development.

Starring: Peter Capaldi, Tom Hollander, James Gandolfini, Gina McKee, Steve Coogan, Chris Addison, Anna Chlumsky

Star Rating: **** (1999)

Monday 08/03
Ladies in Lavender (Channel 4, 12.35pm)

The ladies in question are spinster sisters Ursula and Janet. Their quiet life in a close-knit Thirties community is disturbed by the arrival of Andrea, a Polish Jew who has been shipwrecked on the Cornish coast.

Starring: Judi Dench, Maggie Smith, Daniel Brühl, Natascha McElhone, David Warner, Freddie Jones

Star Rating: **** (2004)

Blithe Spirit (Film4, 4.35pm)

A widower remarries, only to be haunted by the sly ghost of his first wife. While his new lady originally believes the apparition to be a practical joke, she eventually acknowledges its existence by employing eccentric medium Madame Arcati to exorcise the ghost - with disastrous consequences.

Starring: Rex Harrison, Kay Hammond, Margaret Rutherford

Star Rating: **** (1945)

The Wild Bunch (Sky Movies Classics, 9pm)

Set shortly before World War One, this gritty Western follows the fortunes of a group of outlaws led by tough guy Bishop.

Starring: William Holden, Ernest Borgnine, Robert

TOP FILMS

Ryan, Warren Oates, Edmond O'Brien, Strother Martin
Star Rating: **** (1969)

Tuesday 09/03
Those Magnificent Men in Their Flying Machines (Sky Movies Classics, 6.45pm)

Zany comic adventure featuring an array of stars. The prize for the first man to fly from London to Paris is £10,000, and Stuart Whitman, James Fox, Tony Hancock and Terry-Thomas are among the ruthless competitors determined to get their hands on it.

Starring: Terry-Thomas, Stuart Whitman, Sarah Miles, Robert Morley, James Fox, Benny Hill, Alberto Sordi, Gert Frobe, Tony Hancock, Eric Sykes

Star Rating: **** (1965)

Erin Brockovich (Sky Movies Modern Greats, 8pm)

The eponymous single mother, desperate to find work, pleads her way into a routine administrative job at a law firm. It's not long before she stumbles across a case brought against a powerful company suspected of poisoning the residents of a small town - and realising something is amiss, begins her own investigation.

Starring: Julia Roberts, Albert Finney, David Brisbin, Dawn Didawick, Valente Rodriguez

Star Rating: **** (2000)

Any Which Way You Can (Sky Movies Action/Thriller, 11.45pm)

Bare-knuckle fighter Philo Beddoe is intent on retiring, but the Mafia forces him into one last bout against a legendary fighter.

Starring: Clint Eastwood, Sondra Locke, Geoffrey Lewis, Harry Guardino, Ruth Gordon

Star Rating: *** (1980)

Wednesday 10/03
Rio Bravo (Sky Movies Classics, 6.35pm)

John Wayne stars in another top-notch Western from director Howard Hawks. He plays a no-nonsense cowboy who enlists the help of a drunken sheriff and a couple of local no-hopers in a bid to run a gang of outlaws out of a peace-loving town.

Starring: John Wayne, Dean Martin, Ricky Nelson, Angie Dickinson, Walter Brennan, Ward Bond, John Russell

Star Rating: **** (1959)

Doubt (Sky Movies Drama, 9pm)

It is 1964 and St. Nicholas Elementary has enrolled its first African-American pupil and Father Brendan Flynn, a liberal and conscientious priest (Philip Seymour Hoffman) invites the boy for a private conversation.

Starring: Philip Seymour Hoffman, Meryl Streep, Amy Adams, Viola Davis

Star Rating: **** (2008)

Dogma (Film4, 9pm)

Two fallen angels discover there is a way to get back into heaven, but it means exploiting a theological loophole that will lead to the end of the world. It falls to a lapsed Catholic woman to stop them, with a little help from two prophets, a curvaceous muse and a forgotten 13th disciple.

Starring: Matt Damon, Ben Affleck, Linda Fiorentino, Alan Rickman, Salma Hayek, Alanis Morissette, George Carlin, Kevin Smith, Jason Mewes, Jason Lee, Chris Rock

Star Rating: **** (1999)

Thursday 11/03
The Battle of the River Plate (Film4, 4.55pm)

This World War Two adventure relives the British Navy's pursuit and eventual cornering of German battleship the Admiral Graf Spee in the Montevideo harbour.

Starring: Anthony Quayle, John Gregson, Peter Finch, Bernard Lee, Jack Gwillim

Star Rating: **** (1956)

The Postman Always Rings Twice (Sky Movies Drama, 11.50pm)

This competent remake of the classic film noir thriller follows the novel by hardboiled writer James M Cain a lot closer than the original.

Starring: Jack Nicholson, Jessica Lange, John Colicos, Anjelica Huston, Christopher Lloyd, Michael Lerner

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TOP FILMS

Star Rating: *** (1981)

The Riverman (Channel 4, 1.45am)

Bruce Greenwood and Cary Elwes take the lead in this solid fact-based TV movie. Greenwood stars as assistant investigator Robert Keppel, involved in the manhunt for a serial killer, who gains an insight into the mind of a murderer during a series of gruelling and disturbing interviews with the notorious Ted Bundy. Bundy is one of the most infamous serial killers in history after murdering more than 30 victims in America during the 1970s. Starring: Bruce Greenwood, Cary Elwes, Sam Jaeger, Sarah Manninen, Kathleen Quinlan
Star Rating: *** (2004)

Friday 12/03

The Young Victoria (Sky Movies Premiere, 8pm)

The Devil Wears Prada's Emily Blunt stars as Britain's longest-serving monarch in this fine historical drama. The film focuses on the turbulent early years of her reign, as she became caught in a power struggle between her mother, her mother's mentor, Lord Melbourne and Robert Peel. Meanwhile, an ill-fated romance develops with her German cousin and eventual husband, Prince Albert.

Starring: Emily Blunt, Rupert Friend, Paul Bettany, Miranda Richardson, Mark Strong, Jim Broadbent, Thomas Kretschmann
Star Rating: *** (2009)

Watchmen (Sky Movies Premiere, 10pm)

300's Zack Snyder helms this comic-book adaptation, which was finally made last year after numerous attempts over the past two decades. Starring: Patrick Wilson, Jackie Earle Haley, Malin Akerman, Billy Crudup, Matthew Goode
Star Rating: **** (2009)

Bulletproof Monk (Channel 4, 10.50pm)

Chow Yun-Fat and Seann William Scott team up with one another in this sprightly action comedy, which packs quite a punch.

Starring: Chow Yun-Fat, Seann William Scott, Jaime King, Victoria Smurfit, Karel Roden, Marcus Jean Pirae
Star Rating: *** (2003)

Saturday 06/03

CELEBRITY

ITV at the Movies - Oscars 2010 (ITV2, 1.30pm)

You can run but you can't hide from awards ceremonies at the moment - not that you'd want to anyway.

COMEDY

Harry Hill's TV Burp (ITV1, 7.30pm)

You'd be forgiven for thinking actors and TV presenters would want to hang their heads in shame if clips of them were chosen for the irrepressible Harry Hill's comedic look at the week's telly.

CHAT

Piers Morgan's Life Stories (ITV1, 9pm)
Love him or loathe him, there's no doubt that TV viewers can't get enough of the former tabloid newspaper editor.

DRAMA

CSI: NY (Five, 9pm)

In a compelling follow up to last week's episode, the team attempt to determine how Hollis Eckhart, aka the compass killer, managed to run rings around the CSIs and escape at the World's Fair site in Queens.

DRAMA

Casualty (BBC One, 9.20pm)

Poor old Yuki. He's fallen hook, line and sinker in love with May, but while everyone else on the ward seems to have noticed, the object of his affection remains oblivious.

Sunday 07/03

COMEDY

Glee (Channel 4, 5.30pm)

If you wonder why you suddenly find yourself humming old hits by Journey for no apparent reason, then look no further.

DOCUMENTARY

Lambing Live (BBC Two, 8pm)

Sixteen million lambs are born every year in the UK, making lambing season the biggest and busiest event in the farming calendar.

BEST OF THE REST

DRAMA

Wild at Heart (ITV1, 8.45pm)

Danny is thrilled to have his veterinary licence back again, and being back at work means it distracts him from the impending anniversary of Sarah's death.

DOCUMENTARY

Seven Ages of Britain (BBC One, 9pm)

This series has been one of the finds of the year and let's hope such high calibre telly continues to get made for a long time to come.

CELEBRITY

The 82nd Annual Academy Awards (Sky Movies Premiere, 1am)

The build-up to this evening's event tends to be more fraught and exciting than the ceremony itself, because you can usually already guess who and what will win awards.

Monday 08/03

QUIZ

Pointless (BBC Two, 4.30pm)

We asked 100 people to name a daytime TV quiz show that could be described as Family Fortunes in reverse, and are our survey said - Pointless.

CULTURE

Antiques Road Trip (BBC Two, 6.30pm)

On Bargain Hunt, there are always antique experts on hand to guide the contestants.

TECHNOLOGY

The Gadget Show (Five, 8pm)

Once, it would have been hard keeping tabs on those Gadget Show presenters if they went missing. Well, not any more.

DOCUMENTARY

Women (BBC Four, 9pm)

It's very much open to debate whether we still live in a sexist society, but few people could argue that women have a long history of being oppressed.

DRAMA

The Good Wife (Channel 4, 10pm)

Our colonial cousins across the pond are crazy about tales on down-on-their-luck mothers returning to the workplace to provide for their children when their husbands are killed, jailed or whatever, and it turns out we Brits are too.

Tuesday 09/03

ENTERTAINMENT

The Krypton Factor (ITV1, 7.30pm)

Who will follow in Aaron Bell's footsteps and be crowned 2010 Krypton Factor champion?

FOOD

Chinese Food in Minutes (Five, 7.30pm)

REALITY

Jo Frost: Extreme Parental Guidance (Channel 4, 8pm)

Getting your children to sleep can be one of the most stressful parenting issues to tackle. In Woolwich, south east London, Supernanny Jo Frost visits Paige, a six-year-old who has never slept a full night in her own bed.

ENTERTAINMENT

Sidekick Stories (BBC Four, 9pm)

Batman has Robin, Dr Who has an assistant, and Sherlock Holmes has Dr Watson, so there's no denying that sidekicks don't play an important part in battling baddies in the world of film and TV.

COMEDY

The Gemma Factor (BBC Three, 10.30pm)

This brand spanking new series features the considerable acting talents of Anna Gilthorpe, who stars as Gemma Collinge, an ambitious girl hoping to find fame before her 21st birthday.

Wednesday 10/03

FOOD

Fresh from the Sea (Good Food, 6pm)

There's nothing quite as delicious as a freshly prepared meal made from the finest seafood money can buy. Any chef worth their salt will agree that when it comes to fine dining - seafood can't be beat.

SPORT

Live UEFA Champions League (ITV1, 7.30pm)

David Beckham makes his eagerly anticipated return to Old Trafford tonight, as his AC Milan side attempt to overturn a 3-2 deficit in the second leg of their last-16 tie with Manchester United.

ENTERTAINMENT

Children's Champion Awards (Sky1, 8pm)

While the Oscars might have grabbed all the headlines this week, it's important to remember other awards ceremonies like this one which celebrate ordinary people who go to great lengths to make the lives of children better.

FACTUAL

Inside John Lewis (BBC Two, 9pm)

Mention the name John Lewis to anybody, and chances are what springs to mind is a rather swanky department store, which has been providing the more affluent among us with all manner of goods since 1864.

DRAMA

Desperate Housewives (Channel 4, 10pm)

Now, what did we tell you? That's right, it would turn out that Danny Bolen was not responsible for the attack on Julie - merely because Susan always jumps to conclusions that turn out not to be true.

Thursday 11/03

REALITY

Crufts 2010 (More4, 7.30pm)

Clare Balding, fresh from her superb coverage of the Winter Olympics in Canada, will be introducing highlights from the main arena of the event, alongside a look at the health and welfare side of dog breeding.

Among the many highlights are coverage of the international agility and flyball competitions, and results of the daily breed judging. Plus, that rather talented vet Marc Abraham will be answering viewers' canine-related questions.

FOOD

Michelin Stars - The Madness of Perfection (BBC Two, 9pm)

In 1900, Andre Michelin published the first edition of the Michelin Guide to help drivers maintain their cars, find decent lodging and fine food while driving around France.

DOCUMENTARY

Too Poor for Posh School? (Channel 4, 9pm)

Harrow is one of Britain's few remaining all-boys boarding school, with an impressive history and an enviable reputation for producing statesmen and world leaders.

QUIZ

A League of Their Own (Sky1, 9pm)

James Corden has come a long way over the past few years. From being a relative unknown in Alan Bennett's critically acclaimed play and film The History Boys, to being one of the most ubiquitous celebs on the showbiz circuit, he has proved himself to be a great all rounder.

COMEDY

Bellamy's People (BBC Two, 10pm)

This was one of those shows that looked like it couldn't fail. Inspired by successful radio series On the Line, it boasts the presence of Fast Show veterans Paul Whitehouse, Charlie Higson and Simon Day.

Friday 12/03

MUSIC

Sacred Music (BBC Four, 7.30pm)

Simon Russell Beale is best known for his award-winning stage roles, but he was once a chorister with the voice of an angel.

QUIZ

Mastermind (BBC Two, times vary)

The contestants may not be playing for a big cash prize, but that doesn't mean the stakes aren't high for anyone appearing on this iconic quiz show.

DRAMA

The Mentalist (Five, 9pm)

This series not only boasts a top turn by Simon Baker as the eponymous hero, but some cracking storylines.

QUIZ

Chris Moyles' Quiz Night (Channel 4, 10pm)

Each week, a new panel of famous faces takes on the Radio One breakfast show presenter.

CHAT

Friday Night with Jonathan Ross (BBC One, times vary)

If you were to come up with a list of people whose main virtues were subtlety and quiet understanding, chances are that Jonathan Ross wouldn't feature highly - if at all.

SPORTS RUNDOWN

Looking at the week ahead

The opening weekend of the Davis Cup, the sixth round of the FA Cup and the UEFA Champions League second leg stand out in this coming week's sport action.

FA CUP

This Saturday, Portsmouth will try and forget their poor Premier League form and financial turmoil as they seek to overcome Birmingham City at Fratton Park for the sixth round of the FA Cup, kick off at 12:30 on ITV1.

Later that day, Fulham host London neighbours Tottenham for a place in the quarter final of one of the world's most watched domestic cup competitions at 17:20 (ITV1).

On Sunday, Aston Villa travel to Reading (13:45 ITV1) and ITV1 will also show Stoke City play at Stamford Bridge at 16:00 against current Premier League leaders Chelsea.

UEFA CHAMPIONS LEAGUE

After beating AC Milan away in their first leg match by 3-2, Manchester United host the second leg on Wednesday, on ITV1 at 19:45 with a comfortable advantage.

FC Porto travel to North London to play their second leg match against Arsenal on Tuesday, hoping to take advantage of their 2-1 victory of the first leg (RTP1 at 19:45) and progress into the quarter finals of what can be considered the world's most competitive and lucrative tournament. At the same time, German giants Bayern Munich face Fiorentina in Italy, also heading into the second leg with a 2-1 advantage (SkySports 3 at 19:45).

Real Madrid are looking to recover from their 1-0 deficit against Lyon on Wednesday at 19h45, shown live on both SkySports and SportTV.

PREMIER LEAGUE

Manchester United must beat Wolves on Saturday in order to keep pressure on Premiership leaders

Chelsea, who are ahead by one point. Live coverage on Sport TV 3, Saturday at 17:30.

LIGA SAGRES

FC Porto host Olanhense on Saturday at 17:00 on SportTV1 with hopes of closing the gap to leaders Benfica, followed by Setúbal vs Braga at 21h15.

On Sunday, Sporting will want to continue their winning spree in their fixture against Belenenses, in order to secure their fourth position (RTP1 at 18:00). Benfica will try to maintain their lead when hosting Paços de Ferreira (SportTV1 at 20:15).

DAVIS CUP

The play-offs of the nations' tennis tournament will be taking place between March 5th and 7th, with Germany vs France being shown on SkySports 3 from 16:00 on Saturday and from 12:00 on Sunday.

EUROSPORT

Winter sports continue to be the focus on Eurosport this weekend, with live coverage of the Alpine Skiing World Cup, Cross-Country Skiing and the Biathlon European Championships.



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SUDOKU

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Answers next week.

Easy

Medium

Hard

		5	2	3	8			
8		7		4		6		5
	2					3		
3			9	8	6			4
7			5	2	1			3
	4					7		
6		3		1		5		2
		9	6		2	1		

		9		8		3		
					5	6		
4	1							8
	5		7	6				
8								4
			8		9		1	
7						5	3	
		6	4					
		1		2		9		

	2						4	
	1							3
3		8	4					
5				9		2		
			5		6			
		1		8				7
					2	7		9
4	8						6	
		3					1	

CODEWORD

Each number in the grid represents a different letter of the alphabet. Decipher the code to fill in the crossword. Three letters are already in place and the check-box and letters either side will help you keep track of progress.

Q	U	I	C	K	S	A	N	D	J	P	L	I
E	I	D	E	R	D	O	W	N	M	A	L	F
A	A	A	A	A	A	A	A	A	A	A	A	A
S	T	A	R	T	I	N	G	I	E	C		
Y	A	A	A	A	A	A	A	A	A	A	A	A
K	I	N	D	N	E	S	S	G	A	U	Z	E
F	C	E	E	E	E	E	E	E	E	E	E	E
O	N	S	E	T	O	B	J	E	C	T	E	D
X	T	A	A	A	A	A	A	A	A	A	A	A
H	A	D	A	G	R	E	E	M	E	N	T	
O	C	T	O	P	O	S	I	A	S			
U	U	O	S	E	R	V	I	T	U	D	E	
N	E	T	T	L	E	W	E	I	L			
D	E	E	H	E	A	D	S	C	A	R	F	

Last weeks solutions:

3	9	8	5	4	2	1	6	7
4	2	1	8	6	7	9	3	5
6	5	7	3	9	1	2	4	8
8	4	3	1	2	9	7	5	6
5	6	2	4	7	3	8	1	9
7	1	9	6	8	5	4	2	3
1	3	4	7	5	8	6	9	2
2	8	6	9	3	4	5	7	1
9	7	5	2	1	6	3	8	4
3	4	2	1	8	6	7	5	9
1	9	7	4	5	3	8	6	2
6	5	8	2	7	9	4	3	1
4	8	3	5	2	7	9	1	6
9	2	6	8	3	1	5	4	7
5	7	1	9	6	4	2	8	3
2	1	5	3	9	8	6	7	4
8	6	4	7	1	2	3	9	5
7	3	9	6	4	5	1	2	8
1	9	5	2	6	7	8	4	3
2	7	6	4	8	3	9	1	5
8	3	4	5	9	1	7	2	6
4	6	9	7	2	5	1	3	8
5	1	8	6	3	4	2	7	9
3	2	7	9	1	8	6	5	4
6	4	1	8	5	2	3	9	7
7	8	3	1	4	9	5	6	2
9	5	2	3	7	6	4	8	1

(Right: Last week's solution)

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

	12	3	1	10	10	19		10	9		15	8	16	16
A	3		6		14		12	8	10	20	6	8		20
B	8	10	4	22	11	22	14	17	6		22	14	11	8
C	6		8		22		13	5	20	8	18			18
D	10	8	17	22	25	20	24	11	14			3	8	18
E		5				19		18	14	13	14			1
F	12	3	8	11	11	20	6	4	14	26		1	24	20
G		22		6		18		19		19		24		17
H	22	21	20	8		20	23	20	6	13	6	20	20	17
I	17			21	8	11	8		20					1
J	7	22	11	20			10	8	17	17	20	2	1	22
K	18			24	1	10	5		8		18		5	14
L	22	11	20	10		14		22	10	10	22	17	20	11
M	17			20	10	5	22	6	20		21		17	20
	13	8	22	17		20		7		10	20	17	21	20

PRIZE CROSSWORD 1051

	1		2		3		4		5		6	
7												
8									9			
10						11			12			13
14				15					16		17	
18	19					20		21				
22												

ACROSS

- Contemporary happenings (7,6)
- Quell (8)
- Delude (4)
- Complicated (6)
- Detain (6)
- Emergency (6)
- Clothe (6)
- A continent (4)
- Entranced (8)
- Orally (2,4,2,5)

DOWN

- Salad plant (8)
- Prize (6)
- At one time (4)
- Convince (8)
- Offer (6)
- Desist (4)
- Comes down (8)
- Sedateness (8)
- Flavour (6)
- Motive (6)
- Inflamed eye-lid (4)
- Secure (4)

A €10 Algarve Book Cellar token will be awarded to the sender of the first correct solution opened next Thursday. Solutions to: The Portugal News Crossword N° 1051, Apt. 13, 8401-901 Lagoa. Please be sure to enclose your name, address and phone number.

WORDSEARCH

Find the hidden words within the square. The word may start anywhere and go in any direction.

O	V	T	A	R	C	O	M	E	D	X	Q	P	Z	G
G	Y	O	C	I	H	N	O	R	A	L	L	Y	H	A
A	T	T	U	N	G	T	E	R	U	N	X	G	R	G
Z	R	E	I	K	U	G	W	D	M	Y	M	G	W	S
U	Y	I	V	V	E	M	A	R	R	I	A	G	E	F
L	U	X	E	I	I	O	A	B	N	A	Z	Z	Q	H
P	C	B	A	F	D	T	E	G	I	T	S	G	F	V
T	B	S	N	D	U	N	C	D	N	N	S	S	A	L
R	M	T	A	E	L	B	E	A	B	E	O	H	O	H
G	A	C	L	G	K	M	L	Q	O	P	T	T	X	D
U	E	A	Y	G	Y	A	W	A	B	I	C	I	E	E
N	R	R	S	A	V	J	W	W	C	E	D	L	C	Y
S	C	T	T	R	E	U	T	F	S	U	M	A	A	A
P	S	X	S	N	S	K	K	X	Y	E	D	D	R	T
K	D	E	S	S	E	R	T	S	W	M	T	V	F	S

MARRIAGE, ANALYSTS, GAGS, STAYED, SCREAM, TALC, RADIOACTIVITY, MAGNETIC, ORALLY, LASS, DESSERTS, RAGGED, SNUG, DEMOCRAT, EXTRACTS, ENDIVE, AWAY, NOTE, ALBUFEIRA, MEDIA

SPOT THE DIFFERENCE

See if you can find 6 differences between the two photos.

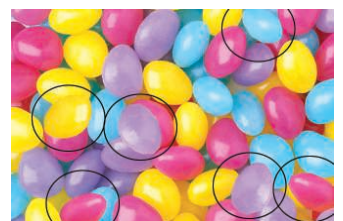


Last weeks solutions

Across: 1 Tiff; 8 Inexorable; 9 Domestic; 10 Heap; 12 Apathy; 14 Yellow; 15 Peewit; 17 Torrid; 18 Less; 19 Eventual; 21 Legislator; 22 Ewer.
Down: 2 Incomplete; 3 Fine; 4 Sentry; 5 Touchy; 6 Bachelor; 7 Deep; 11 Abominable; 13 Township; 16 Treble; 17 Treaty; 18 Lull; 20 Tire.

Last weeks winner: Nan Wenne, Odiaxere

Last week's solution:



PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 6 Mar 2010

PROPERTY OF THE WEEK

Rustic property in São Brás



This week's featured property is a lovely rustic four bedroom villa comprising a main house and a detached cottage, ideal for holiday rentals.

Set in a peaceful area just five minutes from the centre of São Brás de Alportel, the 250 m² villa and cottage are set on a 3,950 m² plot of land.

This property is ideal for holiday rentals as the villa possesses a main house and a detached cottage, which both share a pool, terraces, a garden and an orchard, as well as the breathtaking scenery of the area.

The main house has a spacious living/dining room with a wood burning stove, aided by under-floor central heating to keep the house nice and cosy during the cold winter months. The Santa Catarina floor tiles give a real rustic feeling to the property. It has a fully equipped kitchen and both bedrooms are en-suite, also with very practical attic space above

the bedrooms. The house is well built, with all the windows being double-glazed and is also pre-installed for air conditioning.

The detached cottage also has two en-suite bedrooms and is tiled with the same Santa Catarina tiles throughout. The living/dining room has an open fireplace and it also has a fitted kitchen for separate living if needs be.

The property is connected to mains electricity and water and possesses electric gates.

It is for sale on the property market for €499,000.

For more information on this property, please call Elly van Hulst on 289 842 992, email ellyvanhulst@mail.telepac.pt or visit their website www.property-runner.com



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Duplex Apartment Cabanas
Exceptional 4 to 5 bedroom apartment on 1st and 2nd floor (=top floor), w/ various large terrace areas & stunning views of the lagoon/sea, situated in the centre of Cabanas w/ its variety of restaurants, pubs, shops, its beautiful lagoon & long sandy beach. Air con. throughout, electric shutter, mains gas.
EA 076 ACAB – € 350,000



Cottage Neighb. Tavira
Charming 2 bedroom cottage, lovingly modernised maintaining all Algarvian characteristics plus 2 annexes presently converted into bedroom/sitting room & shower-room each, irrigation tank transformed into pool, surrounded by wooden decking with gazebo. 1.729m² land & garden w/ large variety of plants & fruit trees. To be sold furnished & equipped.
EA 077 CTAV – GBP 325,000



Neighbourhood Luz de Tavira
Old Algarvian cottage currently in state of ruin and semi-detached, 1.587m² land w/ large variety of trees, situated in a small hamlet, approx. 2 kms from Luz de Tavira & 4 kms from Tavira. Approved project for a 2 bedroom, 2 bathroom house of 149 m2 & roof terrace (50.26 m2).
EA 033 RLT – € 126,000



Typical House - Tavira
Traditional house consisting of ground, first and second floor with lovely façade and charming Algarvian characteristics, situated in a quiet street in the centre of Tavira. In need of refurbishment but habitable.
EA 079 HTAV – € 199,000



North Vila Nova de Cacela
Sweet Algarvian cottage, recently renovated, with an area of 41.40 m², fireplace and wooden beams, dining area, kitchenette, sitting/sleeping area, shower room. Fenced garden with nice privacy and large variety of plants and trees (70 m²) and old building/garage of 30m² being opposite of the cottage.
EA 080 CVNC – € 110,000

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Ref: 975 €220.000 NEW INSTRUCTION
3 bed townhouse close to the beach and facilities of Manta Rota. Excellent for rental investment or retirement. Fully equipped kitchen, partially furnished. Good patio with BBQ.



Ref: 974 €230.000 NEW INSTRUCTION
3 bed house with garage, countryside and ocean views, only 5 minutes on foot to the town of Cacela, lounge with fireplace and patio very large, space for a pool.



Ref: 971 €175.000 NEW INSTRUCTION
2 bed modern townhouse in the beach resort of Manta Rota, equipped kitchen, patio with BBQ, lounge with sliding doors to patio, good rental property as not far from the beach.



Ref: 967 €395.000 DETACHED PROPERTY
Large four bedroom property, has very large garage, ocean views, garden and patio around the property. Close to the town of Cacela, good property for permanent living. Contact us for more information.



Ref: 966 €85.000 BARGAIN OF THE WEEK
Furnished 1 bed apt, lounge with kitchenette, balcony with ocean views, lift, on complex with two pools, tennis courts, restaurants and reception services, close to Tavira. Good place for golfers.

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6,160m² plot.
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São Brás de Alportel
• Lovely restored cottage
• Covered terrace, jacuzzi
• 3 bedrooms 3 bathrooms
• Gas central heating
• Garden with irrigation
• Cott. 144m² plot 460m²
Ref. C1228
Price: € 250.000



São Brás de Alportel
• Lovely rustic property
• Main house plus cottage
• Ideal for holiday rentals
• Total 4 beds, 4 baths
• Pool & central heating
• Villa 250m² plot 3.950m²
Ref. C1300
Price: € 499.000



Alcoutim
• Lovely character property
• By the Guadiana river
• Spectacular river views
• 2 bedrooms 1 bathroom
• Extra land 760m² by river
• Villa 130m² plot 387m²
Ref. C1302
Price: € 299.500

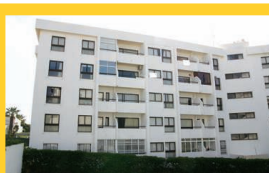


Paderne, Albufeira
• Unique modern villa
• Spectacular views
• 4 bedrooms 2 bathrooms
• Garage, terraces 118m²
• Illuminated pool area
• Villa 275m² plot 1.500m²
Ref. V1000
Price: € 980.000



Portimão
• Attractive villa built 1983
• Private residential area
• 2 bedrooms 2 bathrooms
• Large pool, lovely garden
• Poolhouse possible annex
• Villa 150m² plot 4.027m²
Ref. V1285
Price: € 425.000

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Vilamoura
Two bedroom apartment composed of two bathrooms, lounge with dining area, kitchen, storage and terrace. Furnished and equipped. Communal swimming pool and garden area. Construction area - 99 square metres.
Ref. A1369 Price: € 150,000



Vilamoura
Two bedroom apartment in a private condominium composed of two bathrooms, lounge with dining area, storage and terrace. Parking and storage in the basement. Communal swimming pool and garden area. Construction area - 93 square metres.
Ref. A1370 Price: € 285,000



Vale Judeu
Villa composed of four bedrooms, four bathrooms, lounge with fireplace, dining room, equipped kitchen, laundry room, office and sewing room. Carport. Swimming pool and garden. Partly furnished. Country and sea views. Plot area of approximately 4.000 square metres.
Ref. V12483 Price: € 425,000



Vilamoura
Attached villa located in a private condominium composed of three bedrooms, three bathrooms, lounge w/ fireplace and dining area, equipped kitchen and two terraces. Garage in the basement, small private garden and communal swimming pool.
Ref. V12619 Price: € 335,000

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Best Priced Properties Across The Algarve

Praia do Vau, Ref: S327

REDUCED by 10% to €199,000

- Second floor furnished apartment
- 2 bedrooms, 2 bathrooms
- Large sun terrace, panoramic sea views
- A/C, communal roof terrace, parking
- Only 500m from beach and amenities
- Excellent rental potential



Praia da Luz, Ref: S821

REDUCED to €475,000



- Refurbished, 2 storey villa
- 3 bedrooms, 2 bathrooms
- Pool, gardens, terraces and roof terrace
- Quiet cul-de-sac position, garage
- Views of Luz bay and the beach



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Working bar completely equipped, with 73 sqm. Near Praia da Rocha main street with 50 sits (30 inn and 20 in the terrace). €210,000

Beautiful 5 Bed Villa situated in Algarve close to Alvor property has a private pool and tennis court that are set in over 5000 sqm. of landscape gardens. five double bedrooms (3 en suite). €550,000



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 urbinvest Estado Agente - Mediação Imobiliária AMI 789 Established since 1980 Av. Tivoli - Aldeia do Mar 8125 Vilamoura (next to Jaffers supermarket) Tel: (+351) 289 389 393 Telm: (+351) 919 447 735 info@urbinvest.net www.urbinvest.net	 Luxury complex situated in front of Millenium golf course. 2 and 3 bed apartments & Townhouses. Garden, sw-pool. Large private terraces, closed garage for 2 cars. The great quality and location makes this a Unique investment. Ref.: 2822 Promotion € 325,000	 Lovely 3, 4 & 5 bedroom townhouses. Large lounge with spacious terrace. Private closed condominium with sw-pool & fantastic green areas, surrounded by pine-woods, close to "The Old Course" golf, a few minutes from the center. Ref.: 1298G From € 357,500	 Excellent Studio apartment in center of Vilamoura, just a few minutes walk from the Marina. Fully furnished and equipped. Very nice views. Extra store space in basement. This is a fantastic & unique opportunity for your holidays or for rental income. Ref.: 2931 € 70,000	 Fantastic opportunity: 4 bed Townhouses, fitted kitchen, fitted wardrobes, large terraces on the first floor, private garden area with carport for 2 cars. Excellent quality finishings, solar energy. Just a few minutes from Guia and Algoz. Ref.: 2784 € 230,000	 Spectacular two bedroom apartments, equipped kitchen & large balcony. Private condominium with garden & sw-pool. Private parking. Situated in front of Ria Formosa, the view is absolutely incredible! Promotional price. Ref.: 2159 From € 199,500

Outstanding opportunity to buy a dream rural property...



...near village of Alte (Loulé).

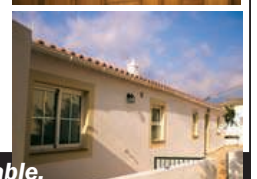
Professionally renovated to a high standard the detached villa sits on plot of 310m² and has 3 double bedrooms with fitted wardrobes. Two fully equipped bathrooms and excellently finished modern kitchen. Under floor heating throughout and log burner in main sitting room. **Price reduced** to €160,000 or long term rental

- Bonus

1 minute drive away is a dream 1 hectare plot.

The land can accommodate several wooden country cottages, plus caravans & tents. A large fishing lake on the plot offers revenue for fishing enthusiasts. Also bird wildlife is well established in this area and many companies' offers routes to monitor the wildlife. The land is arable to create a self sufficient life style.

Price reduced on this plot and is now offered at - €50,000.



Contact: 919 383 852 or 917 227 087 should interest be sought on both properties a negotiation is available.

Raising hopes with raised beds



Standard raised beds, from Harrod Horticultural.



When some wooden rectangular frames about half a metre high were erected on a spare patch of land at my children's school this week, I was heartened to discover that the pupils are going to be growing their own veg in raised beds this year.

It prompted me to think that if you simply haven't got space for a vegetable patch in your garden, a raised bed must be the answer. It doesn't have to be anything elaborate - you can buy ready-to-assemble DIY raised beds, or just make a simple baseless frame out of some planks of wood, cut-off fenceposts and galvanised screws.

Once you've assembled the frame, hammer the corner stakes into the ground with a mallet, using an old piece of wood to protect the frame.

Raised beds don't have to be really tall, as 15cm is enough to warm the soil earlier in the spring and improve drainage, which allows you to plant sooner in the year and benefit from earlier crops. However, if you build them higher, they will be great for people with creaky backs and



Superior Corner raised bed, from Harrod Horticultural.

make gardening easier, and will allow you to grow root crops such as carrots which need stone-free, deep soil to stay straight. Plus, you can do all the work from the edges, without ever treading on - and therefore compacting - the soil.

They're particularly good for gardens with wet, heavy clay soil (such as in parts of northern Portugal) as they improve drainage and warm up faster in spring.

Raised beds don't have to be dug over every year like regular borders. Just put a 10cm layer of organic matter such as compost on the surface each year, and the worms should help it work its way in.

They're great if you have poor soil, because you can just fill them with richer soil with added organic material to help the veg on their way.

You can reap rich rewards from raised beds as it's possible to plant closer and still get good yields because the planting and sowing are concentrated in deep, fertile soil which hasn't been trodden down or hindered drainage-wise. You can also fill the raised bed with soil which is suited to the particular crop you want to grow. Raised areas are also generally easier to manage than full-blown vegetable plots.

When placing your raised bed on the ground, fork over the soil in the bottom, removing all weeds, and make sure the ground

is level before siting your raised bed and filling it. You're best off growing veg in a sunny position.

Remember also that you need to be able to either walk around or work your patch without having to step on the soil, so ideally beds should be no wider than 1.2m and no longer than 3m or it will take you a long time to walk around them.

If your soil is light and free-draining, incorporate lots of garden compost or composted bark to help it retain moisture. If it's heavy or badly drained, mix in both composted bark and sharp gravel. Often a 50/50 mixture of good topsoil and well-rotted manure or compost is ideal. Once the bed is filled, water it well.

Choose high-yielding and fast-growing crops such as radishes, baby carrots and lettuces to give you several harvests each season, and make sure you sow enough seeds to give you replacement plants to fill the spaces when the first crop has been picked.

Try to go for vegetables that don't take up masses of space. Perennials such as artichokes and asparagus should be avoided in small spaces, while crops like cabbages take a long time to mature and will use up valuable space in your bed. Go for dwarf varieties and bush forms rather than larger crops, and make the most of adjoining walls and fences to use for climbing beans and peas.

Hannah Stephenson

Plant of the week



Anemone

The early spring-flowering anemone, *A. blanda*, is easy to grow and thrives in bare ground or sparse grass under trees, quickly naturalising into a lovely patch of colour. Varieties with blue, pink and white flowers are available and look wonderful if planted together to form a little tapestry. Anemones also look great planted among the yellow blooms of the winter aconite and the propeller-shaped flowers of Cyclamen coum. The hard, knobby bulbs of *A. blanda* should be planted shallowly in the soil in autumn, arranged randomly for a natural effect.



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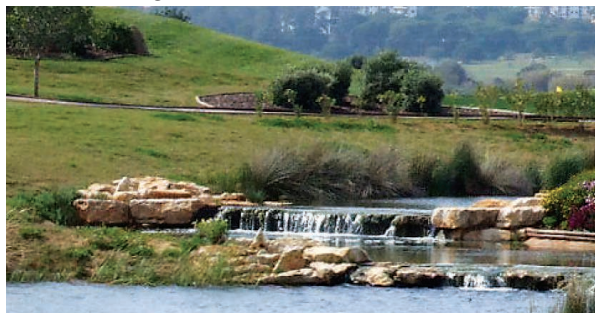


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Canteiros do Sol – blooming naturally



With lots of experience and a desire to move forward, Joaquim created Canteiros do Sol with his partner Filomena Miguel, starting as a small maintenance company seven years ago and progressing into a thriving garden landscaping and maintenance company, which now possesses an impressive portfolio.

Customer satisfaction is their main priority and they will always share their ideas with hopes of reaching the perfect garden in both utility and design, keeping a close eye after the garden is finished to ensure the plants used adapt in the best way possible.

Inspired by nature, Canteiros do Sol tries, as much as possible, to create gardens taking into consideration local plants and trees. This is done for several reasons: these gardens are a tribute to the beautiful natural landscape that surrounds us and the plants are already adapted to our local climate, being a good answer to a beautiful, cheap and low demand garden. Isn't that what we all want?

You will be surprised with the diversity of beautiful and scented plants that have their origins in the Algarve soil and, when displayed charmingly in your garden, how they can create a simple and magic place to rest, providing different colours throughout the seasons! And even with all the rain we have had this winter, it is always important to remember that water is becoming a precious resource...

ing a precious resource...

An example of one of these gardens is their Loulé Council contract, a small natural garden located at the Pena Environmental Centre, at the entrance of the protected area of Rocha da Pena, Salir.

With a professional course in gardening, Joaquim has always had a passion for the environment, reason why Canteiros do Sol work very hard to be helpful towards it, sourcing products which are less harmful to the environment.

Besides helping the environment, Canteiros do Sol have also ventured into areas where few companies dare to go, by reintegrating invalids into work with the support of many institutions. This approach to helping the community has always been one of the company's objectives, offering people who are not given many chances an opportunity to earn their own money.

Having initially worked mainly in the Eastern Algarve, their presence at the International Algarve Fair last year has broadcast their name all around the region. The beautiful little family garden and sandpit playing area for children was a success, as you will soon be able to see on their website.

Based in Vale Judeu, near Vilamoura, Canteiros do Sol provide free quotes, they are fluent in English, Portuguese and French.

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Typical Costs

No matter how careful you are, things can go wrong on holiday. Your luggage or Passport could be lost or stolen; you might become ill and need to return home in a hurry. Traveling without adequate travel insurance may be costly. Examples of the average claim for various situations are around £750 for cancellation or curtailment, £2,000 for legal expenses, £100 loss of passport. The cost of Medical Expenses varies considerably throughout the world, but expect between £400 & £1,000 for a simple case of gastroenteritis. So make sure you are properly insured.

Getting back home in the event of an emergency isn't cheap without

insurance. Typical costs are:

° £30-35,000: Air ambulance from US east coast to Portugal

° £15-20,000: Economy-class flights, with medical escort, from Australia.

° £9-12,000: Scheduled club-class flight with nurse escort from west coast of USA.

° £1800-4000: Scheduled flight, seated economy with doctor escort from European destinations.

Case Study

A traveller suffering from cancer correctly completed an EHIC form which she took on her travels abroad. Unfortunately she suffered an illness that was unrelated to her cancer and was admitted to hospital for 11 days, while a member of her group remained behind to keep her company. She was evacuated back to the UK in an Air Ambulance. Her EHIC form did not cover the costs and because she had no insurance it cost her family £6600.

By David Deverson: Travel Insurance correspondent for Globelink International. For more information please email your travel insurance questions to: david@globelink.co.uk

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By working directly with the clients HOME make glass tailored specifically to people's needs, with a wide range of options for the glass used, such as laminated, tempered, double-glazed, arched, bevelled, frosted, coloured and much, much more.

A very sought after addition for bathrooms lately have been the frameless shower doors, as well as the heated pads for mirrors, which prevent them from steaming up after a shower.

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Most enquiries received are usually taken care of in less than 24 hours, meaning that if you break a window or door pane they can usually be replaced on the same day in an emergency situation.

It's okay to be a quitter

Fancy giving up smoking? Nearly half (44%) of smokers in England made it their New Year's resolution to kick the habit this year. It ain't always easy, but doctors and case studies describe how best to go about it.

Anyone who's ever tried to give up smoking knows it's not easy. Research has shown that giving up cigarettes for good can take as many as five separate attempts.

But, luckily, that hasn't stopped smokers wanting to try. Nearly half of all smokers in England (44%) resolved to give up smoking this year, according to

recent NHS research. And even if they only try once, it's worth it, says Professor Robert West of the Health Behaviour Research Centre at University College, London.

"For those that can make it a whole week without smoking, the chances of success are four times greater than when they started," he explains. "Quitting for good is

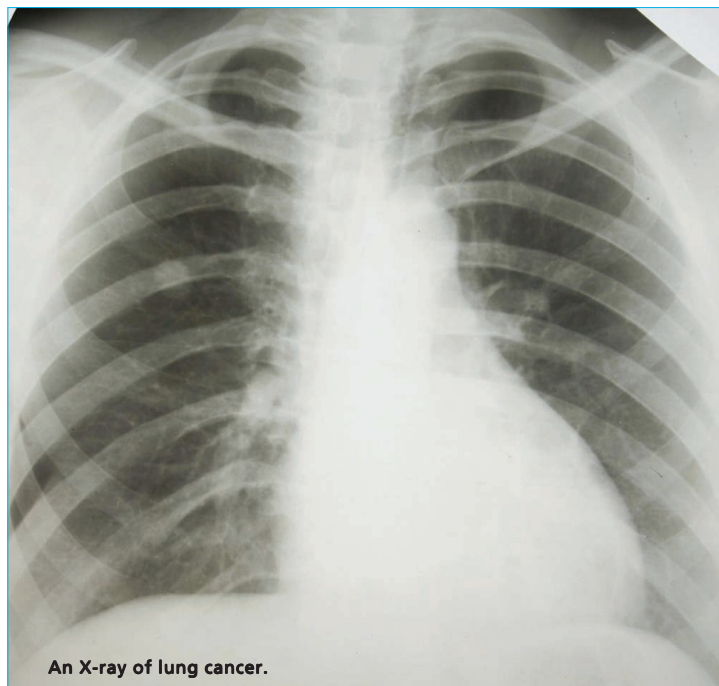
hard and takes willpower and determination, especially during the first few weeks.

Considering that smoking has now been proven to cause over 2,000 deaths every week in the UK, and kills more people under the age of 70 than breast cancer, Aids, traffic accidents and drug addiction combined, it does seem strange that anyone should still be smoking at all. But as a Department of Health spokesperson explains, nicotine is highly addictive.

"People get physically addicted so you need a huge amount of will-power to give up smoking. Smoking also becomes a part of your everyday routine. From your first cup of coffee, to meeting friends who also smoke, and going for breaks at work, habits form around it."

When you try and quit smoking, it's as much about breaking your behavioural associations with smoking as weaning yourself off the physical addiction, he explains. But does that mean giving up your friends and social life in order to quit?

Absolutely not, says the UK Department of Health.



An X-ray of lung cancer.



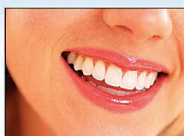
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"Your friends should be encouraged to support you, we don't recommend you cut yourself off from your own life."

The British NHS provides smokers with quit kits which are useful. While primarily aimed at people wanting to quit, the organisation has also found that many friends order them for their mates, to encourage them to quit.

It's never too late to try

As no one method of quitting works for everyone, smokers may have to try a few different treatments until they find one that works for them.

Nicotine replacement therapy (NRT), in the form of patches, gum or tablets or the inhalator (which looks like a plastic cigarette and releases nicotine vapour into your mouth and throat) are the most popular and most successful methods, with research showing that they can double chances of quitting successfully.

Counselling, medication and alternative therapies have also been shown to be helpful. In addition, medications such as Zyban or Champix, or alternative medicine like acupuncture or hypnotherapy, can also help reduce people's cravings for nicotine.

"It is never too late to quit," says Dr Mary O'Brien, head of the Lung Unit at London's Royal Marsden Hospital. "The human body is incredibly resilient and, while you are much better off quitting earlier rather than later, an awful lot of smoking damage is reversible. Even people who have operations for lung cancer are twice as likely to live if they stop smoking."

"So your motto should be 'Never quit quitting'," she adds. "There is so much help available to you now - that you have no reason not to."

She is right that there are loads

of treatment options available to smokers.

Be inspired

While some might feel too powerless to overcome their addiction to nicotine - despite the help that might be available to them - two former smokers, Una McCormack and Bryan Dales, below, recount how they were able to kick the habit themselves.

The social smoker

"I first started smoking when I was 14," says Una McCormack, 27, a beautician from Essex. "I'd buy single cigarettes from the shop and sit in the park and smoke them with my friends - it made us feel grown up. By the time I was 17 I was buying boxes of 20 and sharing them with friends on nights out. I always kept my habit social, but then I found that if I was stressed - like from work or after an argument - I'd smoke a few to calm me down."

"Soon enough I was smoking about 60 cigarettes (3 packs) a week, but I never felt like I needed them or considered myself a smoker. In fact, I didn't even realize I was addicted until I decided to give up."

"I'm getting married this year and now that I'm approaching 30, thought it was time to get healthier. I decided to go cold turkey before Christmas and phoned the NHS Stop Smoking service for advice, who sent me a Quit Kit - a sort of 'toolbox' with a calendar, stress toy and expert advice to help smokers like me quit."

"My skin has totally cleared up. I don't feel so groggy anymore, and I can taste food and smell better, too. People are even telling me how well I look! The only problem now is that because my friends are all smokers, they want me to start smoking again."

"But whenever that happens I try to remember why I stopped

in the first place and look at the calendar to see how many days it's been. It reminds me of all the reasons why quitting is a good idea, even if my friends don't!"

The 60-year-old habit

"I was just seven years old when I had my first puff of a cigarette," says Bryan Dales, 65, a retired dustman who smoked for 58 long years until he quit last month.

"I'd smoke dog ends I'd find on the pavement, or pinch my dad's fags when he wasn't looking. He caught me once, and rolled a strong fag and gave me a puff to teach me a lesson. Unfortunately, it did nothing but encourage me more."

"I used my pocket money as a kid to buy packets of five cigarettes at a time and smoked whatever chance I could get. At my worst a few years ago, I was smoking 60 a day: I'd light one up and get talking and then light another, over and over and over again. I tried to give up once about 20 years ago - didn't manage very

long. But since my sister died last year of lung cancer, I thought I'd give it a go again."

"I got some patches from the doctor, have been using the NHS services at smokefree.nhs.uk, and am amazed at how great I feel. I can actually taste food for the first time - like jacket potatoes, which I'd always thought were flavourless. When I do the washing, I can smell the powder - when I go out, I can smell perfume, scents that were lost on me before."

"I calculated that I was spending about £340 a month on fags, so I've used the money instead on a treadmill. I used to puff and pant just getting up the stairs of my house, but plan on training to run soon. Giving up's been made easier by the fact that my two sons have just quit too, so we have each other for support. But I'd say to anyone thinking about quitting to just do it - you'll feel a lot better and save a lot of money too."

Kate Hodal



It is never too late to quit.

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Ask the expert

Q: "We spend all our time trying to be the best parents we can, and don't have time for each other any more. Are we right to put the kids before our marriage?"

Family therapist David Code, author of *To Raise Happy Kids, Put Your Marriage First*, says: "These days, parents seem to be married to their children instead of their spouses."

"The truth is, we may find it easier to be with our kids than our partners, and our anxious focus on our kids is contributing to the growing number of children with social problems and special needs."

"We have long known that neglect is bad for our kids, but why would paying too much attention cause problems?"

"It begins with our primal fight-or-flight response as we interact with our mate in our marriages. Many couples worry that our fight-response may lead to divorce, but we don't realise our fight-response brings just as much tension to the household."

"We're aware of our fight-response when we snap at our spouse, but we're not aware how our flight-response causes us to avoid our spouse by working late, switching on the TV or making our kids the centre of our lives."

"Kids pick up on everything, and research suggests they soak up the anxiety in a tense, distant household until their fragile nervous systems hit overload, and then they act out."

"A problem in your child could be a wake-up call for your marriage."

"The solution? To raise happy kids, put your marriage first."

"Knowledge is power, and

when we become aware of how we distance from our spouses, it's win-win for the family. If we improve our marriages, we can stop marrying our kids and pass less baggage onto them."

"What a great example for their future relationships."

Q: "Is it true that raising kids might help to lower my blood pressure, rather than raise it? Why is this? It can be so stressful sometimes."

A: Professor Julianne Holt-Lunstad recently co-authored a study at Brigham Young University in the US, which found that parenthood is associated with lower blood pressure.

She says: "As a mother of two rambunctious boys, I've asked myself how this is possible many times myself."

"We tested whether this might be true among a group of married couples with and without children. We were also somewhat surprised to find that couples with children actually had significantly lower blood pressure than those without, with the difference being largest among women."

"While it may be a bit hard to believe, because certainly raising kids can have challenges, there are a number of factors (biological, lifestyle, psychological, social, and cultural) linked to parental status that may either directly or indirectly influence blood pressure by buffering the influence of stress."

"For instance, oxytocin - a hormone closely linked to pregnancy and lactation - is linked to blunted stress response in both animals and humans. Parents may also live healthier lifestyles, and be less likely to engage in risky behaviours."

"Research also shows that parents have larger and more diverse social networks, and there is a well-documented link between social support and better health."

"Having children is a meaningful role for parents, and deriving a sense of meaning and purpose is linked to better coping with stress. On the other hand, those without kids may experience external social pressures (the well-meaning question 'when are you going to have kids?')."

"Likewise, there may be considerable stress among couples who aren't parents but desire to be."

"Needless to say, we have preliminary evidence that having kids doesn't appear to have a detrimental influence physiologically, and may even be protective. However, more research will be needed to better understand the extent and cause of this effect."

To Raise Happy Kids, Put Your Marriage First

"David Code provides a win-win solution for the challenges facing today's families."
—Glenn Firebaugh, Ph.D.,
author of *Seven Rules for Social Research*

DAVID CODE

To Raise Happy Kids, Put Your Marriage First by David Code, published by Crossroad

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Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.

SOS for teen skin

If you're getting accustomed to the sounds of angsty sighs and whinges from behind the bathroom door, the chances are you have a teenager tackling their changing skin.

With mind-boggling boys and homework schedules to deal with, a bout of angry spots can feel like the end of the world for young girls.

Getting to know the inside of mum's beauty cabinet (without permission, naturally) and taking on board conflicting advice from friends and magazines can make for a wobbly initiation into the world of skincare.

Beauty journalist Alice Hart-Davis became aware of the minefield facing teens when her daughter suddenly started asking questions about her looks and routines.

"One summer, when Molly was 12, she became mad keen to shave her legs and wouldn't let the matter drop," Alice explains.

"I said she didn't need to; I said the hairs were invisible but clearly it was something that bothered her and I realised I had to take her concerns more seriously.

"Then she started asking what she should use to wash her face, and whether she could wear a bit of make-up..."

As a beauty beginner, Molly had so many questions she became the ideal co-author alongside her mother to write *Be Beautiful* - a book offering need-to-know practical advice for inquisitive teens. Many of the tips are handy for debunking beauty myths for big kids too.

So sit back and swot up on your daughter's skincare. You may not be able to work out that maths equation or ease boyfriend woes, but you can boost her confidence in beauty.

The 'S' word

Shhhh, be sure to say it quietly in the presence of teens... 'Spots' are every young girl's worst enemy and few manage to glide through their teens without outbreaks.

"Teens dread getting them," Alice says. "When they do get

spots, it's (in their minds) a major disaster.

"Everyone will tell you a different way to keep them under control, or get rid of them. What teens need to know is that spots are basically a side-effect of the hormones that are rampaging around their bodies.

"If they can keep them under control with tea-tree oil, or with over-the-counter anti-spot products from the chemist, great. But if they are a real problem, go and see your GP."

If spots are persisting, a GP can not only prescribe medicated products to help but also refer troubled skin to a dermatologist for solutions.

Covert operation

Make-up may be new or unknown territory to your daughter but a small amount of blemish cover can make pesky spots virtually vanish and make her feel 'normal' enough to face the school gates.

Many teens mistakenly think wearing make-up to cover spots and pimples make them worse but with the right products and methods she can help make them disappear, according to Alice.

"If make-up is powder-based and made from minerals, then it should be fine. Powdery make-up helps soak up excess oil," she says.

"Try not to smother the whole face in make-up. See if she can get by using a medicated blemish-cover stick."

Blemish sticks contain antiseptic and bacterial ingredients to help dry out the spots and reduce inflammation.

Alice says: "Tinted ones act like a concealer to help provide cover - use one the same colour as your skin. Dab it on gently and, if you need to, blend the colour with a fingertip."

Pocket money products

Teens are at that half-way stage where complex anti-ageing ingredients like Pentapeptides and Retinol are a world away, but Hello Kitty and novelty glitter products are too young to make their beauty wish lists.

So what should they be investing their pocket money in to kick off a good basic routine?

"A cleanser that won't dry your skin out, so a soap-free cream or lotion that you can massage on, then remove with a flannel that has been wrung out in hot water," Alice recommends.

"In the morning, a moisturiser with a built-in SPF of 15. If her skin is on the oily side, a gel moisturiser is more suitable than a creamy one. At night she should only use a moisturiser if skin feels dry after cleansing."

Clear out a dedicated space for her on the bathroom shelves and she might stop those illegal raids on yours.

There are a growing number of beauty products targeted specifically at the teen market that are suited to younger skin.

"There are specialist brands like Amie, which is lovely, natural stuff at pocket-money prices, and Face Boutique and Elizabeth's Daughter - both great though more expensive," Alice says.

Lisa Haynes helps resolve teenage skin angst with our expert guide.



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A net worth of vlogs



A screen grab from www.eatthechef.com.

Vegetarian restaurant owner and chef on BBC Two's *Something for the Weekend*, Simon Rimmer, talks about his new online venture and why he knows he's hard to live with.

First there were websites, then blogs and now there are vlogs - or video logs to the uninitiated.

Amateur chefs with a passion for food and showmanship are getting busy in the kitchen in front of wobbly tripods, in order to demonstrate their culinary skills to the world.

Simon Rimmer, chef on BBC Two's *Something for the Weekend* and owner of two restaurants, believes everyone's going to be at it soon. The innovative young chef has become involved with a new website called www.eatthechef.com.

It's a community site where anyone can upload their vlogs, and Simon hopes to create a database of free videos created by the users themselves.

"The content is going to be all user-generated," he explains en-

thusiastically. "We could add more videos from professional chefs to make it grow more quickly, but that's not the point."

Launched last November eatthechef.com is steadily growing. And while its progress isn't quite as fast as Simon had hoped, he knows that that word-of-web is very powerful.

"I'm looking forward to the point when someone uploads a raspberry cupcake recipe and people say what a fantastic recipe and then the next thing they upload, that gets used as well. I want there to be a buzz around people and the things that they cook."

Already food vlogs like mydaddycooks.com, steamykitchen.com and notwithout.com are attracting thousands of loyal followers. And

now that digital recording equipment is comparatively cheap and editing tools are widely available online, does Simon think that soon everyone will start sharing their food secrets with the world?

"It's quite a big commitment to cook a dish, video it, upload it and send it off," he admits. "This is why I suggested that we start with something easy."

The site recently held a world biscuit dunking championship, so that users could demonstrate their own dunking skills. "Anyone can make a cup of tea and dunk a biscuit in," he laughs. "But it got them used to being on the site."

The chef is also spreading the word via Twitter (he has 8,500 followers) and a Facebook group.

One of his favourite videos so

far is a guy making a simple chilli dish. "I really like him. The recipe is straight forward, but you watch him and you think, 'Wow, he really believes in this!'"

When he's not filming vlogs for the website, coming up with recipes for *Something for the Weekend* - "I write four a week, and we're on week 165!" - or running his restaurants, Simon says he somehow finds time to see his family.

"I have two restaurants, two kids and one wife," he says frankly. And I try and give a little bit of everything to all of them, but I'd hate to be married to me."

Simon admits that working pretty much seven days a week can be hard on his wife, Ali, and two kids, Florence, 12, and Hamish, aged 6. But he's about to make it up to them.

"Next week, Ali and I are off to St Lucia where I'll do cookery demonstrations and she'll get to sit by the pool. It's the first time I've been offered such a



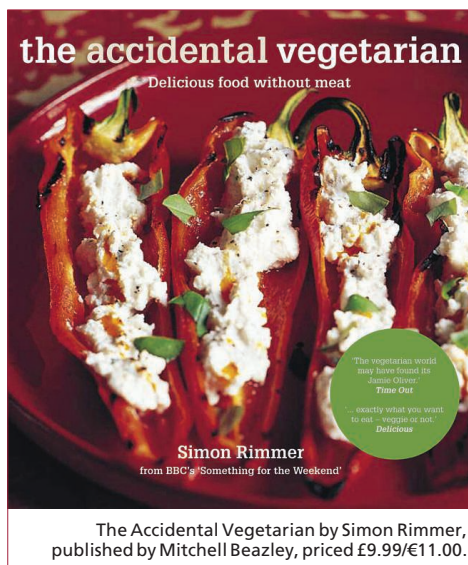
Cooking from a vlog on a laptop.

glam gig, normally they happen in Wigan and Coventry."

"My mum will look after the

kids, which is a holiday for them and it'll get me a few brownie points," he admits with a chuckle. "But I'm very thankful for all these opportunities. Let's face it, I could be making burgers in McDonalds."

Sarah O'Meara



The Accidental Vegetarian by Simon Rimmer, published by Mitchell Beazley, priced £9.99/€11.00.

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DOUGLE was taken out of the shelter (Goldra) by kind foster parents and he is now looking for a permanent home. He is very playful, gets on very well with male and female dogs and doesn't mind cats. He will be castrated this week. Please contact **Katy**: 919 100 160 if you are interested in giving this lovely boy a permanent home.



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SERIN is a 1 year old spayed female. She is fully wormed and vaccinated and is an adorable natured dog. Because of the owners death, the family had to make the hard decision to find a good home for **Serin**. **Serin** is used to living with other dogs and cats. Contact **Julie** 917 152 209



LUCKY, around 2 years old, is an extremely friendly cat: actually he is a cat with a soul of a dog. He adores people, to play with people, to cuddle, he

simply craves for attention. On the other hand, he wants this attention all to himself, he does not like to have other cats around. But he does not mind dogs and he is nice to children. We found him on the street 4 months ago and immediately knew that such a friendly cat could not live on the street. However, months have passed and no one is looking for him and no one replied to our ads about the found cat. So **Lucky** needs a new home. Please contact us: sesimbra.bianca@gmail.com or go to: www.bianca.pt/english



Dog Whisperer returns

Lots of people visited Madeleine Walker when she was in The Algarve last June and many have asked if she will return. I was more than excited to receive this announcement and pass it on to everyone in doggy world.

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talking to trees and rocks, dowsing energy lines, feedback)

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Jan Cobley

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Calm down thoughts

Over the last couple of weeks I have been asked for a few ideas to calm down the excited dog. This is very apt at the moment as I think all of our house dogs are suffering 'caged syndrome' with this weather. My own 4 seem to go through sessions of tearing around the house at 90mph after a few hours sleeping. This wind is not helping my very nervous Chloe, my Old English Sheepdog, who sits and quivers beside me. Jim just observed however that actually out in the wind she is OK but she hates the crashing blinds, and howling. So---for Chloe she has to go straight into a T-shirt which after a while, about 15 mins, seems to calm her down.

Back to basic hyperactivity and excitability. First thing to consider, before anything else as in the case of our children---check the food. What additives are in it? Colourings, flavour enhancers these are classic. Also check out any treats the dog has, again for the additives. Once you have dismissed that move on.

Training, is the dog a youngster or perhaps one you have rehomed. It is often the case that they can be a little unnerved if they have been in a kennel environment and then rehomed to a house. It all takes time for them to adjust. By time I mean months not days. Training your dog ensures that you have the control whilst stimulating the dog both mentally and physically. Managing a dog with very high energy levels is much easier if he is taught the basic commands.

Best way to train is to use the rule that nothing in life is free and dogs soon learn if they see they have to work for everything. It is in their basic instinct so whilst it seems tough when those big eyes look at you, it is all worthwhile at the end. Training can also be fun, they get the ball or toy when they have performed the task---this is how the highly trained rescue dogs are often trained, using a tennis ball as a reward.

Exercise is important as this runs off energy. They like to go to new places. Yes down here it can be challenging with grass seeds, ticks, the shooting culture and the habit of leaving empty fertiliser bottles around---perhaps that is just around my area. I find when I am out my eyes are darting everywhere looking for danger but then I suppose danger lurked in the UK as well. My PWDs love the beach, however that holds its own worries---rough sea just at the moment, my PWDs have to go in it and they cannot see the danger. Merlin had me in hysterics last week. I had picked him up from his 3 week holiday at Laura's whilst the girls were in season. I took him on the beach. He was amazing, ran and ran and ran, dug holes and buried himself, he had so much fun and was a much calmer boy after an hour of that! He was, however covered in sand and smelt of 'wet sea with fur' dog!

There are products on the market to help calm them down. If the

"Look out for the BIG announcement on next week's Paws and Claws"

situation is really tough then a visit to the Vet would be an idea. They have many ideas for help.

However I use a natural remedy Scullcap and Valerian from Dorwest. It is used for the symptomatic relief of anxiety, nervousness, excitability and travel sickness. The ultimate herbal combination in a sugar-coated tablet, invaluable to calm and relax dogs and cats suffering from excitability, apprehension, phobias or hyperactivity. Widely used and particularly effective for those suffering from noise phobias as a result of fireworks, thunderstorms or gunfire. It certainly does not cause drowsiness or impair normal behaviour or performance, making it suitable for those who just need to be settled for showing, travelling, training or obedience work. Given before a journey this tablet will calm nervous travellers but is also ideal if new surroundings and situations cause apprehension or anxiety, making it a useful training aid for young dogs being introduced to the show ring as well as thunderstorms, fireworks, visits to the vet etc. There is also just Valerian in a liquid for dripping into the food, this is sometimes easier than getting pills down them.

Happy calming. Chloe says please can we stop having gales, thunder and rain.

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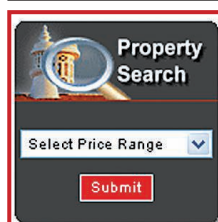
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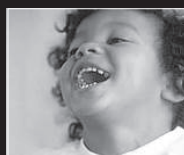
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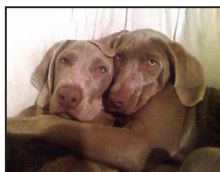
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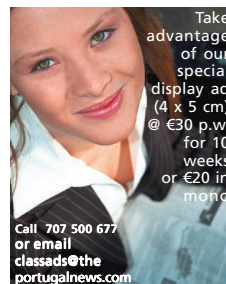


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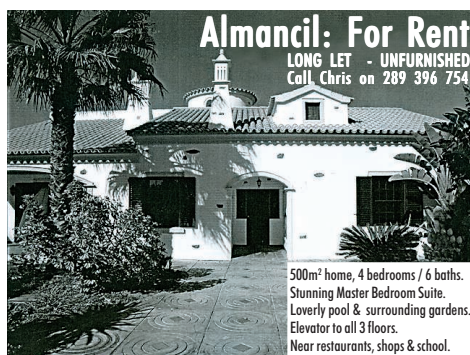
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CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, N.º 1154, Cascais (Tel: 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

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tion Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 905708).
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IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English. Rua João de Deus, 76. Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

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THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, n.º 19 (next to the Market).

INTERNATIONAL CHRISTIAN FELLOWSHIP Sunday morning worship at 11am with Sunday School in English & Portuguese for children. Avda 25 de abril 17, Portimão. (opposite the municipal swimming pool/piscina municipal) For more info call 282 461 985 or see www.coaa.co.uk/cfch.htm

INTERNATIONAL CHRISTIAN CHURCH in Lagos invites you to attend its services in English on Sundays at 10.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546,

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Steve 917 872 665 and 917 872 559 or Maria 966 380 404. E-mail: jackieandmo@yahoo.co.uk

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(Next door to the University). Sunday 10.30am. School Thursday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. ALSO Sítio de Logos, Edifício Space Beautiful, Av. 25 Abril. Ferreiras Albufeira. (Sunday 10am. School Wednesday 7.45pm Tel: 282 339 372.

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GREATER GRACE INTERNATIONAL FELLOWSHIP has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santa Antonio); for meeting times, details and updated schedule visit www.NovaAurora.com, call 220 994 785 or send an SMS to 917 112 736.

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THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

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For details please phone 262 881 393. **JEHOVAH'S WITNESSES** - Public Talk in English. Rua Adelino Amaro da Costa, next to CERCIP. 2520 Peniche, Obidos. Sunday 11am (1st & 2nd Sunday of the month). No collection.

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Up to 75,000 nationals quit Portugal each year



Businessman Vítor Cachadas next to a construction site in Vigo where Portuguese workers are employed. Lack of work in Portugal has caused many construction workers to seek illegal employment in Spain. (Photo: Lusa / João Abreu Miranda)

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Between 70,000 and 75,000 Portuguese emigrate every year from their native shores, but it is not clear where to, because official figures are patchy, a specialist in the field said.

Rui Pires, coordinator of the Lisbon-based Emigration Observatory, was quoted by the Lusa News Agency as telling lawmakers that emigration presently stands at between 70,000 and 75,000.

However, as Portugal is a democracy where citizens can go where they please there is insufficient data on the whereabouts of these expatriates, he added.

It is further estimated that the number of Portuguese who left the country last year in search of greener pastures totalled 20,000, a figure which is only comparable to the mass exodus of the 1960s.

The United Kingdom also ap-

pears to be a destination of choice for Portuguese, and like France 50 years ago, Portuguese are finding a home from home in Britain.

Media reports this week said that consular officials in the UK have put the number of Portuguese living there at 350,000, but investigators, using tax returns and press reports, say the real number is closer to 700,000.

Similarly, the number of immigrants living in Portugal has also started dropping.

According to SEF Border and Immigration Control records, immigrant figures peaked six years ago in Portugal and have fallen steadily since.

In 2004 some 447,000 immigrants were legalised in this country, before an apparent decline started the following year. In 2006, about 409,000 immigrants were registered in Portugal.

NEWS IN BRIEF

Portugal joining EU's Chile disaster team

Portugal's civil defence agency ANPC said this week it will deploy one natural disaster specialist as part of the European Union "assessment and coordination team" heading to earthquake-devastated Chile. ANPC said in a statement that the official flew to Brussels on Tuesday to join the EU team that travelled to Santiago on Wednesday.

Macao - Trial of Portuguese businessman postponed

The trial of Portuguese businessman Pedro Chiang and other suspects on corruption charges in Macao, including jailed ex-minister An Man Long, was postponed last week until April, officials said. Chiang, currently in Portugal, was the only one of four defendants who failed to appear in court and has been advised to appear in court April 8. Chiang, with Portuguese and Cambodian nationality, is accused of corruption, abuse of power and money laundering in the case of former transport and public works minister Ao Man Long, currently serving a 28-year jail term and awaiting trial on other charges. The disgraced official's wife and other relatives have been detained in connection with related cases.

New system to report corruption and fraud anonymously

Corruption and fraud can now be reported via the Internet, even anonymously: A new electronic system - 'Fraud Notification System' (FNS) - will make it easier and more secure for vigilant citizens and EU civil servants to report suspicious cases to the European Anti-Fraud Office (OLAF). The Fraud Notification System is accessible as of this week via OLAF's website: http://ec.europa.eu/anti_fraud/index_en.html

East Timor urges Lisbon to continue aiding police training

President José Ramos Horta has appealed to Portugal to continue aiding the training of East Timorese police through Lisbon's Republican National Guard (GNR). The country is "more peaceful and stable", Ramos Horta said, but "significant challenges" remained that require the continued deployment of GNR units, who have served in East Timor under the UN since 2006. "We again appeal to Portugal, particularly to the GNR," to help build a "professional" and "stable" police force, he said at a ceremony to decorate a departing GNR contingent. He said 2010 would be the year of "consolidating the reform process" for Timorese police. The UN police force, including the GNR, was dispatched to East Timor nearly four years ago to help end a wave of violence that pitted rival security forces factions against each other, subsequently spiralling into regional communal rampages.

Lisbon offers Luanda increased military cooperation

The head of the Portuguese army has discussed increased military cooperation with Angola during a visit to Luanda, local media reported last week. Daily 'Jornal de Angola' said Gen. José Luís Pinto Ramalho, in Luanda last week, had held talks with his Angolan counterpart, Gen. Jorge Barros Gutu, and with Defence Minister Cândido Van-Dunem, both sides expressing the wish for bolstered military cooperation. "I'm here to strengthen ties of friendship and cooperation between Portugal and Angola that date back several years", the newspaper quoted Gen. Pinto Ramalho as saying. It cited Gen. Barros Gutu as calling for more cooperation between the two armies, especially for additional Portuguese aid in officer training.

Andorra beefs up security for Cavaco Silva visit

Police in Andorra are tightening security measures ahead of this Friday's official visit by Portuguese President Cavaco Silva, media and officials said. ANA news agency said that among precautions being taken by Andorran security services is the sealing of drains within areas on the itinerary of Portugal's leader to prevent bombs being planted. Cavaco Silva was due to arrive March 5 on a two-day stay in the Pyrenean state that is officially home to nearly 14,000 Portuguese who work mainly in construction and hotels.

Brazil regulators could halt Camargo, Votorantim Cimpor stake buys

The CMVM Portuguese Securities Commission said that Brazilian anti-trust authorities could prevent Votorantim and Camargo Correa's acquisition of stakes in Lisbon-based cement maker Cimpor. The CMVM said it has asked Brazilian regulators for clarifications on an anti-trust suit filed by steelmaker CSN to prevent asset swaps between Votorantim, Camargo, Brazil's two largest cement firms, and Cimpor. A hostile CSN offer for Cimpor failed last week and Votorantim and Camargo are now the largest shareholders in the Portuguese company.

Portugal to assign envoy to Namibia

Portugal will shortly appoint a chargé d'affaires to Namibia, Foreign Minister Luís Amado said on Monday during a visit to the southwest African state. Lisbon's top diplomat announced the chargé's appointment during a meeting with Portugal's business community in Windhoek, noting the region is a priority for his country's foreign policy. "I'm fully convinced that southern Africa, as a whole, will be one of the most important regions for Portugal in its internationalisation, if not even the most important in the coming 20 to 30 years."

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Two-horse race



Benfica and Braga are sitting comfortably at the top of the Liga Sagres table after FC Porto lost to Sporting last weekend by 3-0. FC Porto are nine points behind leaders Benfica with nine matches left to play until the end of the season.

Braga were temporarily in the lead of the Liga Sagres last weekend after beating Olhanense 3-1 in Braga, clawing back from Djalmir's opening goal (16') by answering with three goals (Matheus 21', Evaldo 37', Meyong 55'). This victory was a good comeback after their hammering against FC Porto the previous week and it allowed the Braga team to put pressure on Benfica for their match against Leixões.

One thing Benfica has excelled at this year is performing under pressure, as was shown in their UEFA Cup match against Hertha Berlin, where they won 4-0. Benfica went to Leixões in high-spirits and Leixões were no match for the on-form 'Reds', who dominated the match throughout the ninety minutes. In the first twenty minutes,

Benfica hit the post and had a goal annulled from an incorrectly called offside. Éder Luís scored Benfica's first with a deflected shot from outside the box, leaving Diego motionless and unable to save the shot. After half time, Benfica's efforts started to show more results, despite a couple of missed opportunities in the early moments of the second half. The score sheet belonged to Di Maria in the final half an hour, with the Argentine winger scoring a well deserved hat trick. After a badly saved shot being Di Maria's first goal, his second gave Diego absolutely no chance of saving with a perfectly weighted lob over him. Less than five minutes from the end, the Argentine got the first hat-trick of his career with a powerful shot gliding past the keeper. The match ended and

Benfica were able to maintain their one point lead over Braga.

On Sunday FC Porto travelled to Lisbon to play Sporting, who recently had an inspiring 3-0 victory over Everton, a beam of light from their bleak Liga Sagres campaign this year.

An early goal from Yannick gave the 'Lions' an advantage from the beginning, a position they were not willing to give up. The game was a very aggressive one, with a total of eight yellow cards being handed out during the encounter. The home team was gradually increasing its pressure on FC Porto and managed to double its lead in the last play before half time thanks to Izmailov.

Miguel Veloso scored Sporting's third minutes into the second half and the game ended with a 3-0 victory for the home team. By winning this match, Sporting reinforced their fourth position and FC Porto now have 43 points, nine behind Benfica, with only nine matches remaining until the end of the season.



Sporting's player Marat Izmailov (L) celebrates with his teammate Pedro Mendes after scoring a goal against FC Porto during their first league match held at Alvalade stadium in Lisbon, on February 28th. (Photo: Lusa / António Cotrim)

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Portugal with six teams in UEFA



Portugal has guaranteed the presence of six teams in the 2011/2012 UEFA European cups, after Sporting beat Everton last week, together with the elimination of all three Dutch teams and both Turkish ones.

Whilst FC Porto, in the Champions League, and Benfica and Sporting, in UEFA Cup, remain in the European competitions, Holland lost all three of its teams in one week, with Ajax, PSV and Twente being knocked out of the UEFA tournaments. Turkey were also left without representatives as Galatasaray and Fenerbache lost their fixtures. After the final 32 of the UEFA

Cup ended last week, Portugal kept its ninth position in the UEFA rankings, with 36,962 points, ahead of Holland (36,546) and Turkey (34,350), who no longer have teams competing in European championships this year. Greece are the closest followers of Portugal (12th position with 29,899 points) and still have teams competing in the UEFA tournaments, Olympiakos in the

Champions League and Panathinaikos in the UEFA Cup. Portugal's rankings can still progress further as Ukraine and Romania, seventh and eighth respectively, no longer have teams representing their countries in the UEFA tournaments.

In the 2010/2011 season, Portugal will only have five teams in the UEFA fixtures, but the country's team successes this year has

given Portugal six teams for the 2011/2012 season.

The Top 10 UEFA ranking is as follows: England 77,713 points (5 teams of 7 still competing); Spain 76,043 (5/7); Italy 61,910 (4/7); Germany 60,207 (5/6); France 51,573 (4/6); Russia 43,125 (2/6); Ukraine 39,550 (0/5); Romania 39,491 (0/6); Portugal 36,962 (3/6); Holland 36,546 (0/6).

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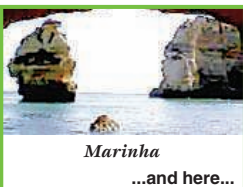
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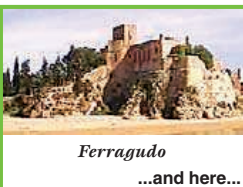
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